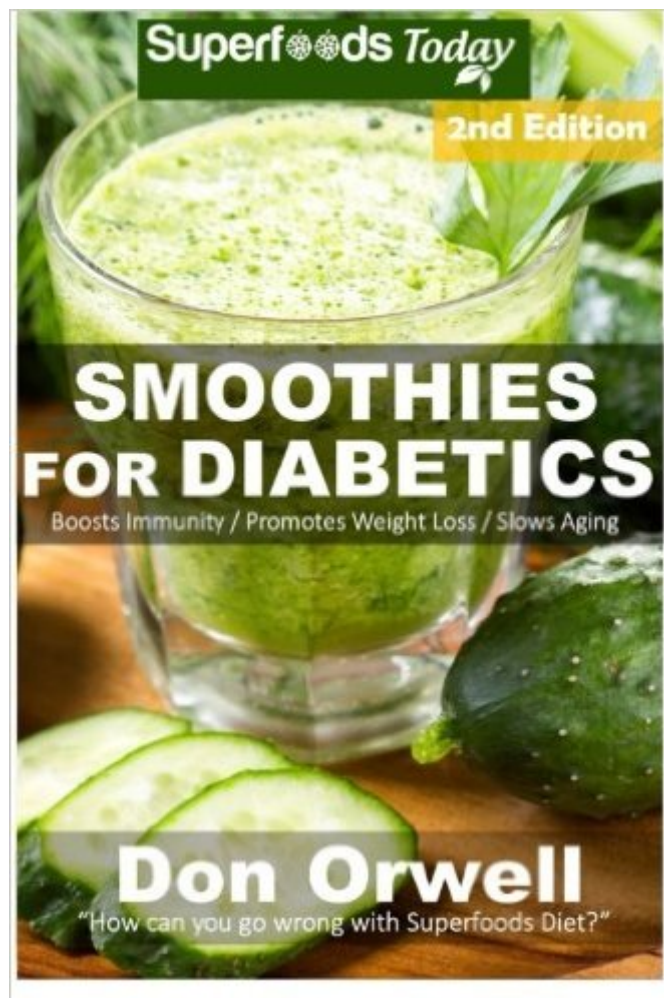


The book was found

Smoothies For Diabetics: 85+ Recipes Of Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies For ... Loss-detox Smoothie Recipes) (Volume 54)





Synopsis

How Can You Go Wrong With 100% Superfoods Smoothies? Smoothies for Diabetics - second edition, contains over 85 Superfoods Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Superfoods Fruits in these Smoothies are carefully selected for Diabetics with diabetes type-2. More than 90% of recipes are Vegan. Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.

Book Information

Series: smoothies detox-detox green cleanse-detox diet plan-sugar detox,-green smoothies for weight loss-detox smoothie recipes

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Beverages & Wine > Juices & Smoothies #592 inÂ Books > Cookbooks, Food & Wine > Special

Diet > Diabetic & Sugar-Free

Customer Reviews

When you want something cold and refreshing, nothing tastes better than a fruit smoothie or icy blended drink. For a diabetes-friendly breakfast or snack, break out the blender and try some of these yogurt or nondairy diabetic smoothies packed with berries, veggies, and more. Most of the choice of recipes here are healthy and would surely boost your immune system. Great guide suitable not just for diabetics but anyone who has the taste for smoothies.

I have diabetes and recently started a metabolism diet that uses smoothies as a part of the 28 day plan. I have to be concerned about this due to the sugar contents in some fruits. I am two weeks into the book and just enjoyed a great mango smoothies this morning and the deal sealer is the mint leaves and peppermint tea leaves that help with a sugar spike

A good recipe book with a nice illustration, but unfortunately I am familiar with some of the recipes. There has some new recipes which I tried, and that's fine. Overall, I'm not disappointed.

just what I needed

Excellent.

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