



RAW VEGAN On The Fast Lane: The 60-Second Power Smoothie Handbook

Alicia Ann Lip

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This is a 65-page smoothie handbook that I have created with 23 amazingly quick and super delicious smoothies recipes to help reach out to all you busy raw vegans out there and to better manage your health, mind and body!

Understand that in our modern era, most of us are too busy dealing with our daily commitments, neglecting our health and reaching out for the wrong foods. These power smoothies give you more time to spend with your family yet feeling energetic and happy all the time!

There are 3 types of smoothies (Detox, Nourish and Sweet indulgence for sweet tooth cravings), focusing mainly on fruits, vegetables, nuts and seeds to guide raw vegan “freshmen” and help “seasoned” raw vegans lead an exciting raw vegan lifestyle! Dairy free, gluten free, wheat free and refined sugar free, which means Guilt Free! Bloating and indigestion days are gone for good!

I will also share with you my personal story on how I started going raw, of course, these things do not happen overnight. If you are new to being raw, this book will be a great guide to start off going raw. But if you have been a raw vegan for a while now, this will give you more ideas on making your smoothies interestingly delicious!

The Must-Try smoothies recipes below:

Detox

Signature Green Boost
Sugar Plum
Summer Beets
Grapefruit Cooler
Bittersweet Dino Kale
Beet Detox Plus
Sweet Tango Papaya

Nourish

Wheeze Free Kiwi
Honey Melon
Blackberry Mango
The "Ribena"
Coconut Island
Pink Mango
Red Dragon Passion

Sweet Indulgence

Peach Cobbler
Fig & Almond

Strawberry Colada
The Bounty Hunter
Caramelized Pear
Strawberry Custard
Raspberry Nectar

Extra Fun

2-in-1 Smoothie
Homemade Almond Milk

Lets go Raw for Real, slowly but surely. Like I always say, it can only get better...Never a dull day since.

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Lori Johnson:

Information is provisions for people to get better life, information today can get by anyone with everywhere. The information can be a know-how or any news even a problem. What people must be consider whenever those information which is inside the former life are hard to be find than now's taking seriously which one is appropriate to believe or which one often the resource are convinced. If you obtain the unstable resource then you buy it as your main information we will see huge disadvantage for you. All of those possibilities will not happen throughout you if you take RAW VEGAN On The Fast Lane: The 60-Second Power Smoothie Handbook as the daily resource information.

Ralph Wood:

The reason? Because this RAW VEGAN On The Fast Lane: The 60-Second Power Smoothie Handbook is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will distress you with the secret that inside. Reading this book alongside it was fantastic author who all write the book in such incredible way makes the content inside of easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you because of not hesitating having this any more or you going to regret it. This amazing book will give you a lot of rewards than the other book get such as help improving your expertise and your critical thinking method. So , still want to postpone having that book? If I had been you I will go to the book store hurriedly.

Michael Ogden:

Your reading sixth sense will not betray you actually, why because this RAW VEGAN On The Fast Lane: The 60-Second Power Smoothie Handbook book written by well-known writer who really knows well how to make book that can be understand by anyone who read the book. Written within good manner for you, still dripping wet every ideas and writing skill only for eliminate your own personal hunger then you still uncertainty RAW VEGAN On The Fast Lane: The 60-Second Power Smoothie Handbook as good book not just by the cover but also from the content. This is one book that can break don't judge book by its protect, so do you still needing one more sixth sense to pick this specific!? Oh come on your studying sixth sense already told you so why you have to listening to a different sixth sense.

Cathie Moss:

The book untitled RAW VEGAN On The Fast Lane: The 60-Second Power Smoothie Handbook contain a lot of information on that. The writer explains her idea with easy means. The language is very simple to implement all the people, so do not really worry, you can easy to read the item. The book was compiled by famous author. The author will bring you in the new era of literary works. You can read this book because you can read more your smart phone, or product, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can start their official web-site and order it. Have a nice examine.

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