



# Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes

*Julie Morris*

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## **Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes** Julie Morris

Everyone loves smoothies—and this is the ultimate smoothie book, written by Julie Morris, author of *Superfood Kitchen* and a superfood expert! Morris whips up 100 nutrient-rich recipes using the world's most antioxidant-, vitamin- and mineral-packed foods, and offers innovative culinary methods for making your smoothies incredibly nutritious and delicious.

Whether you're looking for an energy boost, seeking a gentle cleanse, or just trying to get healthy, you'll be inspired to power up the blender!

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