



Vegan Smoothies: Natural and energizing drinks for all tastes

Eliq Maranik

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Make your life even greener and healthier with Vegan Smoothies by food expert Eliq Maranik! Whether you have smoothies for breakfast, at lunch, or just as an afternoon fruit-filled treat, the recipes for vegan smoothies collected in this book will not only bring you all the benefits of a vegan diet - increased energy, strength, and calmness; brain and immunity boosts; anti-aging treats for a healthy heart; and renewed vitality - they will also add some tasty pleasure to your wellness program throughout the seasons. With abundant tips on ingredients and their health benefits accompanying the well-balanced recipes, this book is set to be your favorite kitchen companion. Whether you are already a health-conscious vegan or want to start getting into delicious and satisfying vegan smoothies, this book is ideal for you.

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