



Paleo Smoothies: Out of this World Smoothies for You!

Tammy Lambert

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About the Book This book is for Paleo diet followers who love smoothies almost as much as they love keeping money in their wallets. Get more familiar with the Palaeolithic diet and its health benefits by reading the introduction. Then discover chapter after chapter of delicious smoothie recipes featuring a variety of tastes and ingredients. The collection begins with fruit and vegetables smoothies, then just fruit smoothies, irresistible chocolate smoothies and sweet and spicy smoothies. Treat yourself with these healthy and affordable smoothie recipes any time of day and know you are doing something good for your body. These easy and quick-to-make smoothie recipes are made from vegetables, fruits, nuts and other all natural ingredients. They are packed with the vitamins and nutrients that are needed by your body every single day. Shop at your local farmers market to find fresh ingredients at a bargain.

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