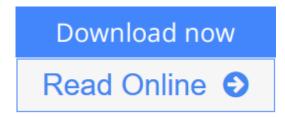


Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes

By Julie Morris



Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes By 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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Editorial Review

About the Author

Julie Morris is a Los Angeles-based natural food chef and advocate of whole, plant-based foods and superfoods. She has worked in the natural food industry for close to a decade as a recipe developer, writer, cooking show host, and spokesperson and executive chef for Navitas Naturals, a fair-trade company that specializes in 100% organic superfoods. Her mission is simple: to share recipes and nutrition tips that make a vibrantly healthy lifestyle both easy to achieve and delicious to follow. To learn more about Julie and superfoods visit juliemorris.net.

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