



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

By Julie Morris

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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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Superfood Smoothies: 100 Delicious, Energizing & Nutrient-dense Recipes By Julie Morris Bibliography

- Sales Rank: #879 in Books
- Published on: 2013-05-07
- Original language: English
- Number of items: 1
- Dimensions: 8.89" h x .88" w x 7.80" l, 2.09 pounds
- Binding: Hardcover
- 208 pages

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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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