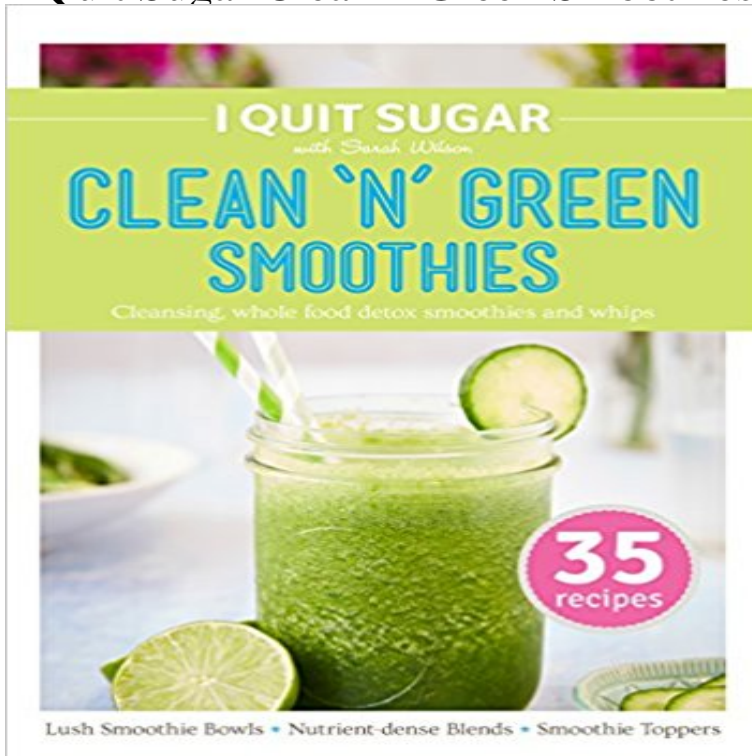


I Quit Sugar Clean n Green Smoothies



The I Quit Sugar Clean n Green Smoothies eBook is loaded with 35 densely nutritious green smoothies to help you cleanse the body, reduce bloating, shed unwanted kilos and kick start your day. Whether you're a smoothie aficionado or a total novice this book covers all bases. With personal tips from Sarah Wilson as well as contributions from smoothie fanatics and wellness authors - Joe Cross, Tess Masters and Lauren Slayton - this book will be an investment in your health and wellbeing. This book is perfect if you're looking for: - Sugar-free, scoop-able smoothie bowls. - Breakfast whips and overnight oats. - The I Quit Sugar 8-Week Program (for overcoming sugar addiction) approved blends. - Show stopping, layered mousses. - Smoothie toppers. - The benefits of a green-packed breakfast. - A breakdown of why you should choose green smoothies over green juices. - What ingredients to use instead of high-fructose bananas. - How to store and freeze ingredients. - What to look for when choosing your blender. - A bonus converter for metric and imperial measurements.

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