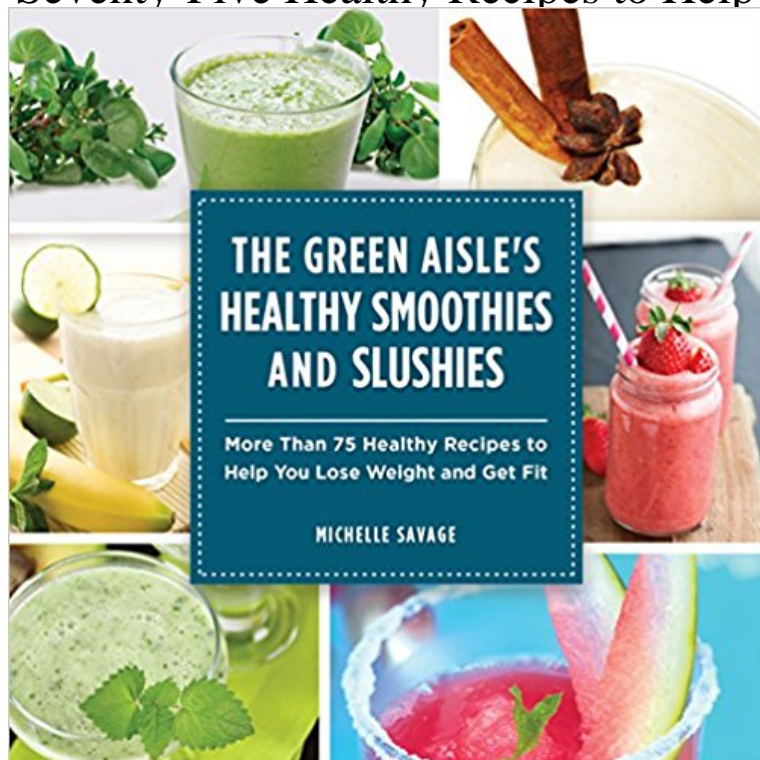


The Green Aisles Healthy Smoothies and Slushies: More Than Seventy-Five Healthy Recipes to Help You Lose Weight and Get Fit



A recipe book of delicious drinks for every type of diet. Chocolate cheesecake, mango tango, and cinnamon toast. Broccoli boost, zucchini nut bread, and sweet and spicy apple. These are just a few of the energizing and nutritious drink recipes you can find in Michelle Savages The Green Aisles Healthy Smoothies and Slushies. This book is full of beverages that are tasty, healthy, and easy to make all you need is a blender. All featured ingredients are easily found in grocery stores, at farmers markets, or in specialty food stores and some are even available on Savages blog and website, BrowseTheGreenAisle.com. In addition to providing these recipes, which are sure to help you lose weight and maintain a healthy lifestyle, Savage also includes information on the following topics: Toxins, free radicals, and enzymes Probiotics Milk alternatives Meat dangers Coffee versus tea And much more! Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. Weve been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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