

# The Womens Health Big Book of Smoothies & Soups More than 100 Blended Recipes for Boosted Energy Brighter Skin & Better Health

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## BOOK DETAILS

- Author : Editors of Womens Health
- Pages : 320 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623367875

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## BOOK SYNOPSIS

Cure any ailment, from PMS to the common cold, with delicious smoothies and soups. Its easy to explain the craze for soups and smoothies: Theyre fast, super simple, extremely good for you, and dont leave a lot of dishes to clean up--plus they are an easy way to get in power foods that keep your body energized and your mind sharp. With one appliance and 5 minutes, you can get all the benefits of whole foods and home cooking, minus the stress and mess. In The Womens Health Big Book of Smoothies & Soups, nutritionist Lisa DeFazio shares more than 100 blended recipes specifically formulated with the nutrients you need to fuel up and take on the world, one tasty gulp at a time. Having a stressful day? You can find smoothies to help you unwind. Battling a stubborn winter cold? Try an immunity-boosting soup. Youll reap all the benefits of eating more fresh fruits and veggies, from glowing skin to off-the-charts energy. Just grab your blender and eat your way to better health!

### **THE WOMENS HEALTH BIG BOOK OF SMOOTHIES & SOUPS MORE THAN 100 BLENDED RECIPES FOR BOOSTED ENERGY BRIGHTER SKIN & BETTER HEALTH**

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