

## The Persistence Of Yellow A Book Of Recipes For Life

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if you are ready to put a stop to being tempted by convenience foods and becoming agitated at the hum drum of eating better then you will be surprised at what this smoothie recipe book has to offer for your valuable time and your overall health smoothies are an amazing creation that has the power to withhold a variety of good for you ingredients all in one delicious concoction if you are looking to lose weight get a better boost of energy that lasts longer eager for more radiant skin or just seeking an easy way to consume your fruits and veggies then this book is just the right fit for you fruits and vegetables should be always part of the human diet they supply our body with the vitamins and minerals needed to boost the immune system and for the body to function properly smoothies are great drinks that changes how you intake fruits and veggies to your body with smoothies you are likely able to consume a cup of whole fruits and veggies 3x faster than when you eat them solid amazing right in a study it has been found that only 4 of students eat a serving of fruit in their breakfast but when fruits were served in schools as smoothies the number of students eating full serving of whole fruit increased to 45 that s how smoothies create a strong impact to our health and diet many of us don t have the time to whip up breakfast and snacks but everyone has the time to blend up a healthy and delicious smoothie that not only satisfies the taste buds but fuels us with energy vitamins and nutrients our bodies crave this is what makes smoothies perfect any time of the day you can quickly make yourself a smooth tasty smoothie in just a zap in your blender no need to preheat the oven no need to turn on the stove no need to clean skillets and pans and tongs and other stuffs just drop the ingredients in the blender and voila a smoothie is served a great beverage to make you feel full and will make you healthy this book is jam packed with easy to make healthy smoothies in an assortment of flavor the recipes were categorized based on their optimum benefit for the health we have smoothie recipes for anti aging for boosting and amplifying energy and smoothies filled with antioxidants and other much needed minerals and vitamins here s a quick sneak peek to some recipes vitamin e green smoothie zesty fat burner smoothie alkalinity bliss smoothie toxic blast cleansing smoothie morning magic smoothie leafy anti aging power smoothie kick booty kale smoothie being healthy does not have to be hard make taking care of your health easy with this book filled with more than 100 smoothie recipes you are the only one stopping yourself from becoming the healthiest version of yourself possible what are you waiting for a better life and extraordinary health are just one blend away

a book of recipes for the cooking school this book of recipes is prepared for the use of the many teachers and students of cooking who feel the need of standard recipes for the everyday dishes with directions simply and concisely stated the book represents a compilation of recipes that have been in use in

cooking schools of the country for many years it is not designed for the use of experienced cooks who are seeking a wider variety and a greater elaboration of recipes but for the young cook who desires to prepare simple dishes well each recipe has been carefully tested and every care has been taken to state the directions definitely in every class which has used the recipes and with every teacher with whom the compiler has worked suggestions criticisms and improvements have been made so that the book represents the combined labors of many students of cooking

personalize your own recipe books by filling them with your favorite family recipes and present them to family and friends on special occasions each book begins with a table of contents where you can list up to 75 recipes on 75 corresponding numbered pages

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