



Andrea's Heart Healthy Smoothies: Therapeutic Smoothies to Improve Your Heart Health, Feel Amazing and Kick Butt (Andrea's Therapeutic Cooking Collection) (Volume 4)

Andrea Silver

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Within this book is one of the tastiest ways to explore a heart healthy diet. Surprising ingredients like avocado, flax and chia can all come together to create a style of smoothie that is excellent for your heart. As a smoothie nut myself, I've been experimenting with recipes for years. Nobody ever knows what's in my oddly tinted glasses, but usually once they taste it—they want to know where it came from, and how they can get some. As part of my Therapeutic Eating Collection, I am creating recipes that can strengthen your immune system, help your heart, and prevent cancer. Altogether, the idea is to transform into a real superhero of health, Are you ready to join me? This book is available on Amazon / Kindle with one click, and a Kindle is NOT needed to read it – just use your web browser. Alternatively, grab a paperback edition for you or a friend.

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