



I Quit Sugar Clean 'n' Green Smoothies

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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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