



## Smoothies Become a Smoothie Alchemist

By Kimberly Wechsler

Fit American Families. Paperback. Condition: New. 104 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Did you know 60 of children do not eat the recommended daily amount of fruits and vegetables. Fruit and vegetables are a great source of vitamins, minerals and dietary fiber. Eating fruit and vegetables everyday help children and teenagers grow and develop, boost their vitality and can reduce risk of any chronic disease such as heart disease, high blood pressure, some forms of cancer and being overweight. Discover the pleasure of a truly satisfying way to eat your recommended amount of fruit and vegetables everyday! Becoming a smoothie alchemist opens up the endless possibilities of creating smoothies based upon your own individual needs. Inside you'll find over 150 delicious healthy recipes, endless possibilities and each recipe takes less than 4 minutes to make. Kimberly Wechsler, CHHC, AADP, CPT, is a popular and recognizable Family Fitness Specialist, Nutritionist, Health Activist and Author. She is a 22 year fitness industry leader specializing in fitness, nutrition and healthy lifestyles. She has taught over 75,000 children and families how to live more healthfully. For more information go to [www.FitAmericanFamilies.com](http://www.FitAmericanFamilies.com) This item ships from multiple locations. Your book may...



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