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Nutribullet Recipe Book: Smoothies for Diabetics: Delicious Healthy Diabetic Smoothie Recipes for Weight Loss and Detox (Paperback)

By Ffe Press

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Nutribullet Recipe Book: SMOOTHIES FOR DIABETICS In this book you will learn delicious and healthy ways to prepare smoothies that are perfect for diabetics, however, everyone will enjoy it and its benefits. The biggest concern that diabetics have is the sugar content in fruits. It s true that fruit contains glucose, and you should monitor your sugar and carbohydrate intake, however, you can enjoy fruits and greens. In fact, green smoothies that you find in this book is proven to yield many benefits for people suffering from diabetes. Smoothies can boost weight loss, increase energy levels and improve your overall health, in turn, relieving diabetes condition. People have reported that drinking green smoothies allowed them to lose 20-50 pounds and some even managed to get off insulin. In this book, you ll find lots of delicious and healthy smoothie recipes to choose from. Just drink one or two a day and you ll begin to see the results. In this book you will learn the following awesome Smoothie for diabetics recipes: Sunrise Smoothie Peachy Apricot Slush Harvest Time Sweet Potato...



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