



# 100 Best Juices, Smoothies and Healthy Snacks: Easy Recipes For Natural Energy & Weight Control the Healthy Way

*Emily von Euw*

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## 100 Best Juices, Smoothies and Healthy Snacks: Easy Recipes For Natural Energy & Weight Control the Healthy Way

Standout Healthy and Satisfying Juices, Smoothies and Snacks

Juices and smoothies are packed with the vitamins and nutrients you need to nourish your body. And Emily von Euw, creator of [thisrawsomeveganlife.com](http://thisrawsomeveganlife.com), has recipes that are so delicious you'll be drinking to your health every day.

Recipes include:

- Lime and Apple Aura?
- Watermelon Wake Me Up
- Carrot Ginger Sipper?
- Apple Cinnamon Delight
- Banana Spinach Almond Dream
- Pineapple Berry Mixer
- Vanilla Melon Magic
- Strawberry Mylkshake
- Dark Chocolate Chip, Oat and Hemp Cookies
- Dare to Date Squares
- Hippie Hemp Hummus?
- Cheezy Garlic Kale Chips

Each sip will boost your metabolism, detox your body, strengthen your immune system and help you get your daily-recommended intake of fruits and vegetables. Plus, swapping in some of these healthy drinks and quick snacks will help control your weight and save you time in the kitchen. With recipes that are not only good for you and easy to make, but tasty and portable as well, you'll be clinging to this healthy living companion with both hands.

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