

### Cooking for breakfast

These cherry cookies are good for a breakfast with cereal substitute and little else.

#### Cereal and Fruit Cookies

For a fast, high-energy breakfast or snack, experiment substituting cereal with a glass of milk or a bowl of yogurt. You can even pack a breakfast in go, with milk, yogurt, or juice as cereal.

#### Cereal and Fruit Cookies

- 2 large eggs
- 1/2 cup honey
- 1/2 cup (1/4 to 1/2) sugar or margarine, melted and cooled
- 1 cup ground cereal

- 1/2 cup chopped walnuts
- 1/2 cup each raisins, finely chopped dried apricots, and finely chopped dried dates or dried fruit pieces

- 1 cup each all-purpose flour and regular rolled oats
- 1/2 teaspoon baking soda
- 1/2 teaspoon each ground cinnamon and ground nutmeg

- 1/2 cup very-soft-packed oat cereal

In bowl, beat together eggs, honey, and butter until well blended. Stir in cereal, nuts, raisins, apricots, and dates.

In another bowl, mix together flour, oats, baking soda, cinnamon, and nutmeg. Add

both mixtures and mix until no fruit remains; mix until well mixed.

Shape dough into 2-tablespoon-size balls and place about 1 inch apart on ungreased 12-by-18-inch baking sheets. Bake in a 350° oven until cookies are firm when lightly pressed, about 15 minutes, if 2 pans are in 1 oven, otherwise, preheat halfway through baking.

Transfer cookies to racks, serve warm or hot and, store airtight. Chill up to 1 week. Freeze to store longer. Makes about 3 dozen. —*From Foodways, Seattle.*

Per cookie: 80 cal., 1.6 g protein, 2.6 g fat, 14 g carbs., 41 mg sodium, 12 mg cholest.

### Plum Dessert Bars

Andrea Lyman, Sandpoint, Idaho

An abundance of ripe, sweet plums accounts for the creation of Andrea Lyman's plum bars. A naturalist, Lyman uses whole-grain products, organic produce, and even wildflower honey. For this recipe, she suggests using fresh prairie plums.

**Cooking time:** About 1 hour

**Prep time:** About 30 minutes

**Makes:** 8 dessert servings

- 4 to 6 ripe plums (about 1 1/2 lb.)
- About 1/2 cup honey
- 2 tablespoons quick-cooking tapioca

### Dried Fruit Bars

- Non-stick cooking spray
- 1/2 cup cake flour (20% is different from regular flour)
- 1/2 cup white whole wheat flour (or use a total of 1/2 cup cake flour)

- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 cup light brown sugar, packed
- 1/2 cup chopped walnuts
- 1/2 cup chopped apples, peeled
- 1/2 cup chopped pears
- 1/2 cup mixture of quick top or three or more chopped apples, pears, peaches, pears, cherries, golden or dark raisins
- 1 large egg plus 1 large egg white

- 2 tablespoons fruit juice (orange, apple, cranberry or your choice)
- 1 tablespoon vanilla oil

Preheat oven to 350 degrees. Line a 9-by-9-inch or 7-by-13-inch baking dish with parchment paper. Spray the paper with cooking spray and set aside. In a bowl, mix flours (put the flour through a wire sieve or cake sifter if you like), baking powder, salt, cinnamon, brown sugar and walnuts.

In another bowl, mix all the fruits.

Add flour mixture to fruit mixture and with your hands or a fork, toss to separate the fruits and mix well.

In a small bowl, beat egg and egg white, juice and vanilla oil. Pour into flour/fruit mixture and mix well with a wooden spoon.

Pour into prepared dish and pat down to spread it out. Bake for about 25 minutes or until it is golden and the center is springy to the touch. A cake tester or toothpick stuck into the middle should come out clean. Cool about 10 minutes in the pan on a wire rack. Cut into squares, cool completely and store in an airtight container or freeze in an airtight package. Makes 15-25 squares, depending on the size.

1 1/2 cups rolled oats
- 1 cup all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground lemon peel
- 1/2 teaspoon each baking powder and ground nutmeg
- 1/2 cup butter or margarine at room temperature
- 1/2 teaspoon vanilla

1. Halve plums, and remove and discard pits. Finely chop fruit (you should have about 3 1/2 cups). Mix fruit with 3 tablespoons honey and the tapocok, set aside.

2. In a large bowl, combine oats, flour, cinnamon, peel, baking powder, and nutmeg.

### Breakfast cookies

- 1/2 cup rolled oats
- 1/2 cup chopped walnuts
- 1/2 cup butter
- 1/2 cup brown sugar
- 2 eggs
- 1/2 cup vegetable oil
- 1/2 teaspoon vanilla extract
- 1/2 cup Orange-Nuts cereal
- 1/2 cup peanut butter (optional)
- 2 1/2 cups whole flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup plus 1 tablespoon toasted wheat germ
- 1/2 cup plus 1 tablespoon oat bran
- 1/2 cup plus 1 tablespoon non fat dry milk powder
- 1 cup raisins or currants

Turn oven on to 350 degrees. Spread oats on a cookie sheet with sides or in a large baking pan. Bake for 15 to 20 minutes, or until lightly toasted, stirring once or twice. Put oats into a bowl and

toast walnuts the same way for 15 to 18 minutes. Using electric mixer, beat butter. Add sugar and continue mixing. Add eggs, then oil and vanilla. Mix well. Add remaining ingredients, mixing with a big spoon if batter gets too thick for mixer to handle.

Use your hands to shape the mixture into balls as small as a walnut or any size you like. Place balls on ungreased cookie sheets and use a fork to push them flat. Bake for 12 to 18 minutes. Small cookies will be done sooner. Take them out before the bottoms turn. Remove from the pan and let cool on a rack. Makes about 4 dozen.

1. With a mixer, blend remaining honey, butter, and vanilla. Add flour-oat mixture, and mix until well blended. Pat half of the dough into the bottom of a buttered 8-inch square pan; bake in a 350° oven until golden, 20 to 25 minutes.

4. Spoon honey-coated fruit over crust, then spoon remaining dough in about 2-tablespoon mounds over fruit. Return pan to oven; continue to cook until top is golden brown, 40 to 45 minutes more. Cool, then cut into 2-by-2 1/2-inch bars. Carefully lift bars from pan and serve, or store airtight until next day.

Per serving: 385 cal., 44% (171 cal.) from fat, 4.8 g protein, 19 g fat (11 g sat.); 51 g carbs.; 209 mg sodium; 48 mg cholest.

# Recipe Clippings Book

**D Siedentop**



## **Recipe Clippings Book:**

**Manuscript Recipe Books as Archaeological Objects** Madeline Shanahan, 2014-11-18 During the mid to late seventeenth century women in Irish houses from elite backgrounds started to collect recipes which they recorded in domestic manuscripts. While these manuscripts were made elsewhere at an earlier date they were an almost entirely new arrival to Ireland in this period and their sudden proliferation said much about changes taking place in society at large. This book is a detailed study of such manuscripts from the perspective of historical archaeology which will argue that they are artifacts which clearly demonstrate that a profound series of changes was taking place. The written word penetrated people's daily lives and homes to a degree that it had not in previous periods and it had a profound influence on how they related to their world objects and each other. While this book will address how we can use them as sources for the study of food history and material culture it is ultimately concerned with the meanings of manuscript recipe books and specifically what they say about the individuals and society that made them. The proliferation of these manuscripts signaled a profound change not just in cuisine but also in the way people thought about and related to food as a form of material culture. Ultimately this book will argue that these manuscripts are not simply excellent records which can tell us about material culture within the early modern house but that they are a profoundly important type of artifact in their own right. Undertaking research that situates textual objects such as recipe books at the very core of historical archaeology is critical to understanding some of the most significant changes that took place in the early modern world.

**Eat My Words** Janet Theophano, 2016-01-26 Some people think that a cookbook is just a collection of recipes for dishes that feed the body. In *Eat My Words: Reading Women's Lives through the Cookbooks They Wrote* Janet Theophano shows that cookbooks provide food for the mind and the soul as well. Looking beyond the ingredients and instructions she shows how women have used cookbooks to assert their individuality, develop their minds and structure their lives. Beginning in the seventeenth century and moving up through the present day Theophano reads between the lines of recipes for dandelion wine, Queen of Puddings and half pound cake to capture the stories and voices of these remarkable women. The selection of books looked at is enticing and wide ranging. Theophano begins with seventeenth century English estate housekeeping books that served as both cookbooks and reading primers so that women could educate themselves during long hours in the kitchen. She looks at *A Date with a Dish* a classic African American cookbook that reveals the roots of many traditional American dishes and she brings to life a 1950s cookbook written specifically for Americans by a Chinese migrant and transcribed into English by her daughter. Finally Theophano looks at the contemporary cookbooks of Lynne Rosetto Kaspar, Madeleine Kamman and Alice Waters to illustrate the sophistication and political activism present in modern cookbook writing. Janet Theophano harvests the rich history of cookbook writing to show how much more can be learned from a recipe than how to make a casserole, roast a chicken or bake a cake. We discover that women's writings about food reveal and revel in the details of their lives, families and the cultures they help to shape.

**Culinary Landmarks** Elizabeth Driver, 2008-04-05 Culinary Landmarks is a definitive history and bibliography of Canadian cookbooks from the beginning when *La cuisinière bourgeoise* was published in Quebec City in 1825 to the mid twentieth century Over the course of more than ten years Elizabeth Driver researched every cookbook published within the borders of present day Canada whether a locally authored text or a Canadian edition of a foreign work Every type of recipe collection is included from trade publishers bestsellers and advertising cookbooks to home economics textbooks and fund raisers from church women's groups The entries for over 2 200 individual titles are arranged chronologically by their province or territory of publication revealing cooking and dining customs in each part of the country over 125 years Full bibliographical descriptions of first and subsequent editions are augmented by author biographies and corporate histories of the food producers and kitchen equipment manufacturers who often published the books Driver's excellent general introduction sets out the evolution of the cookbook genre in Canada while brief introductions for each province identify regional differences in developments and trends Four indexes and a Chronology of Canadian Cookbook History provide other points of access to the wealth of material in this impressive reference book *Beyond the Superficial: Making Sense of Food in a Globalized World* Swetha Anthony, Elizabeth M. Schmidt, 2019-01-04 This volume was first published by Inter Disciplinary Press in 2016 The ten essays which make up this volume create a delectable salad which stands out both in taste and appeal through a multifarious exploration of themes enriching the all inclusive discourse on food Rather than reiterating the debates that have been hashed and re hashed in various disciplines the essays compiled here explore novel ideas and spark unique discussions regarding the situatedness of food in everyday life using parameters such as culture identity space and taste Employing unique inter and intra disciplinary methodologies and critical approaches each article explores the evolution of definitions of food cuisine and foodways and focuses on the ways in which discussions about food have moved beyond the superficial food as a means of survival to play a role in economic social political cultural and ideological realms By transcending boundaries of discipline methodology and interest areas this compilation will appeal to the tastes of anyone interested in food **New York Magazine**, 1971-12-06 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Mama's Cookbook* Mary Gerstner, 2013-03-11 My mother was a German immigrant who came to the US after her marriage in 1929 Her cookbook contained recipes handwritten in German and newspaper clippings she collected through the 1960s I have transcribed and translated the German writing as well as the clippings It turned out to be a memoir of sorts for me as each recipe or clipping triggered bits of kitchen nostalgia for me Since the cookbook has deteriorated I am publishing it so that those that come after Mama and me will have a glimpse of what life was like for her

*Dogs and Donuts: Books 1- 3* Emmie Lyn, 2024-05-06 I'm Ellie Hart and ever since I started my new job as a dog walker my luck has changed for the worse There's been one murder after another and I keep finding the bodies It's putting me my sister and her donut shop on the new detective's radar At least my furry clients are cute and if we can sniff out the suspects we might just be able to get ourselves out of the sticky messes we keep stumbling upon Grab yourself a huge helping of this clever new cozy mystery series with your chance to binge the first three books in one special boxed collection You'll fall in love with Ellie Hart her dog and the cast of characters who keep her on her toes Enjoy **Mrs. B's Guide to Household**

**Witchery** Kris Bradley, 2012-10-01 For domestic goddesses everywhere add some magic and fun to those mundane household chores with Mrs B's Guide to Household Witchery Whether you're sweeping the floor making a meal or cleaning out that junk drawer domestic witch Kris Bradley creator of the popular blog Confessions of a Pagan Soccer Mom will show you how to create spells and magic to bring happiness and balance into your home Bradley offers ideas and solutions to make the most out of everyday items activities and obligations From Anchovies to Broccoli and Wine to Yeast from sweeping the floor to blow drying your hair you can change your outlook on life with a pinch of knowledge and a dash of magic The book includes simple rituals spells and ways to connect with the spirits that watch over your home and family Includes an appendix of herbs and a complete materia magica from the kitchen pantry Mrs B's Guide to Household Witchery features Room by Room How to create magic while you cook set up a family altar in the living room or do a junk drawer divination The Elements for the Domestic Witch a primer on the 4 elements and how to balance them in your home The Domestic Witch's Herbal Magical uses for every herb and food in your pantry as well as instant magic with prepackaged spice mixes Simple Sabbats for the Busy Witch simple ways to celebrate the passing of the seasons Magical Recipes More than 100 recipes and spells

Preserving Family Recipes Valerie J. Frey, 2015-11-01 Heirloom dishes and family food traditions are rich sources of nostalgia and provide vivid ways to learn about our families past yet they can be problematic Many family recipes and food traditions are never documented in written or photographic form existing only as unwritten know how and lore that vanishes when a cook dies Even when recipes are written down they often fail to give the tricks and tips that would allow another cook to accurately replicate the dish Unfortunately recipes are also often damaged as we plunk Grandma's handwritten cards on the countertop next to a steaming pot or a spattering mixer shortening their lives This book is a guide for gathering adjusting supplementing and safely preserving family recipes and for interviewing relatives collecting oral histories and conducting kitchen visits to document family food traditions from the everyday to special occasions It blends commonsense tips with sound archival principles helping you achieve effective results while avoiding unnecessary pitfalls Chapters are also dedicated to unfamiliar regional or ethnic cooking challenges as well as to working with recipes that are orphans surrogates or terribly outdated Whether you simply want to save a few accurate recipes help yesterday's foodways evolve so they are relevant for today's table or create an extensive family cookbook this guidebook will help you to savor your memories

**Geyer's Stationer** ,1934      *Recipe Clippings* ,      *Manly Meals and Mom's Home Cooking* Jessamyn

Neuhaus,2012-03-15 A study of what American cookbooks from the 1790s to the 1960s can show us about gender roles food and culture of their time From the first edition of The Fannie Farmer Cookbook to the latest works by today s celebrity chefs cookbooks reflect more than just passing culinary fads As historical artifacts they offer a unique perspective on the cultures that produced them In *Manly Meals and Mom s Home Cooking* Jessamyn Neuhaus offers a perceptive and piquant analysis of the tone and content of American cookbooks published between the 1790s and the 1960s adroitly uncovering the cultural assumptions and anxieties particularly about women and domesticity they contain Neuhaus s in depth survey of these cookbooks questions the supposedly straightforward lessons about food preparation they imparted While she finds that cookbooks aimed to make readers mainly white middle class women into effective modern age homemakers who saw joy not drudgery in their domestic tasks she notes that the phenomenal popularity of Peg Bracken s 1960 cookbook *The I Hate to Cook Book* attests to the limitations of this kind of indoctrination At the same time she explores the proliferation of bachelor cookbooks aimed at the man in the kitchen and the biases they display about male and female abilities tastes and responsibilities Neuhaus also addresses the impact of World War II rationing on homefront cuisine the introduction of new culinary technologies gourmet sensibilities and ethnic foods into American kitchens and developments in the cookbook industry since the 1960s More than a history of the cookbook *Manly Meals and Mom s Home Cooking* provides an absorbing and enlightening account of gender and food in modern America An engaging analysis Neuhaus provides a rich and well researched cultural history of American gender roles through her clever use of cookbooks Sarah Eppler Janda History Reviews of New Books With sound scholarship and a focus on prescriptive food literature *Manly Meals* makes an original and useful contribution to our understanding of how gender roles are institutionalized and perpetuated Warren Belasco senior editor of *The Oxford Encyclopedia of American Food and Drink* An excellent addition to the history of women s roles in America as well as to the history of cookbooks Choice      *Catalog of Copyright Entries* Library of Congress. Copyright Office,1949      **Catalog of Copyright Entries, Third Series** ,1949 The record of each copyright registration listed in the Catalog includes a description of the work copyrighted and data relating to the copyright claim the name of the copyright claimant as given in the application for registration the copyright date the copyright registration number etc      [The Routledge History of Loneliness](#) Katie Barclay,Elaine Chalus,Deborah Simonton,2023-02-28 *The Routledge History of Loneliness* takes a multidisciplinary approach to the history of a modern emotion exploring its form and development across cultures from the seventeenth century to the present Bringing together thirty scholars from various disciplines including history anthropology philosophy literature and art history the volume considers how loneliness was represented in art and literature conceptualised by philosophers and writers and described by people in their personal narratives It considers loneliness as a feeling so often defined in contrast to sociability and affective connections particularly attending to loneliness

in relation to the family household and community Acknowledging that loneliness is a relatively novel term in English the book explores its precedents in ideas about solitude melancholy and nostalgia as well as how it might be considered in cross cultural perspectives With wide appeal to students and researchers in a variety of subjects including the history of emotions social sciences and literature this volume brings a critical historical perspective to an emotion with contemporary significance Chapter of this book is freely available as a downloadable Open Access PDF at <http://www.taylorfrancis.com> under a Creative Commons CC BY 4.0 license

*Blender Recipes: Clean Eating Snack Recipes For High Speed Blenders* Juliana Baldec, 2014-03-31 This is a 3 In 1 box set compilation of 3 books This compilation includes Juliana Baldec's 3 titles Book 1 17 Eating Clean Drinking Clean Recipes With High Speed Blenders Book 2 Healthy Smoothies Recipes You Wish You Knew Book 3 Smoothies Are Just Like You Book 1 2 When Juliana got started with juices smoothies she was able to shed 20 pounds during a period of 2 months Since then she has been able to keep that weight off Her secret She turned these nutritious satisfying drinks into a way of life Combining juices smoothies her secret morning elixir included a light meal plan has helped her not only lose 20 pounds within 60 days but she was also been able to get rid of her nasty breathing Asthma problems at the same time Inside you will find the same recipes that helped Juliana achieve these results Citrus Fruit Power Smoothie Banana Berry Power Smoothie Nature's Candy Life Boost Blaster Pumpkin Pineapple Mango Smoothie Tastes Like Cake Batter Smoothie and many more of these scrumptious blender drinks These tasty unique 5 minute quick no fail recipes are going to transform your body into a healthy toxin free lean and clean body in a truly satisfying way Book 3 Smoothies Are Like You is an extremely fun quick easy to read little rhyming book about the amazing Smoothie Lifestyle It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy healthy smoothie lifestyle in a fun inspirational and rhyming way In the end you'll know exactly why Smoothies are like you Live a happy healthy lifestyle and double your life today

**Christmas Cookbook: Scrumptious Baking Recipes For The Holidays** Ginger Wood, 2014-12-06 Book 1 LIMITED HOLIDAY SPECIAL For A Very Limited Time you can download even more scrumptious healthy baking recipes with reusable muffin cups silicon baking cups check it out Christmas Dessert Muffin Recipes so easy effortless n quick to fix because they start with a simple to use Christmas Dessert Muffin baking fix Simple Tasty is priority 1 No painful dishes or old school and long hours to make grandma recipes that are a pain to make and that are way too complicated to ever turn out perfect In this Oh So Scrumptious Muffin Recipe book you'll find the fix If you are a busy entrepreneur employee work at home mom or parent you'll ask yourself where this book has been all your adult life If you are busy and look for the easy baking button but still like to enjoy a cheerful Christmas celebration 25 Oh So Scrumptious simple Christmas recipes for delicious desserts muffins gives you the easy fix You'll find temptations such as White Chocolate Eggnog Christmas Muffins 'Twas Night Before Christmas Cranberry Nutmeg Muffins Cranberry Cheesecake

Muffins Pistaccio Muffins With Pink Champagne Frosting Choco Muffins With Marzipan Filling many more surprises with beautiful illustrated recipes You ll discover all of Ginger s Christmas muffin recipe secrets for creating spectacular desserts sweet treats with minimal effort maximum gain In the spirit of the Oh So Scrumptious Oozing brand Ginger Wood who is the author of this inspirational enlightening Christmas Muffin baking fix book likes to stack the goods and therefore includes 2 additional muffin baking recipes Bonuses These provide you with some additional easy fix solutions in terms of saving the most time while getting the most delicious results Book 2 Smoothies Are Like You Book 3 Paleo Is Like You Paleo Is Like You and Smoothies Are Like You are 2 extremely fun quick easy to read little rhyming books about lifestyle Organizing and Storage Solutions For Dummies®, Pocket Edition Eileen Roth,Elizabeth Miles,2010-12-03 Buried in clutter and not sure where to start Organizing doesn t come naturally it must be learned Start learning it the fun and easy way with this helpful reference Declutter all areas of your home and keep them clean with tips and tricks for maintaining an organized mindset the right tools for the job and the best methods for organizing each area From kitchen to bathroom and from laundry room to family room everything will find a place whether you keep it or purge it Your home will look the best it s ever looked and you ll be able to keep it that way Open the book and find Guidance for creating an organizing plan The correct tools supplies and systems to use Hints on creating functional bathrooms Methods for bringing order to your family and media room The basics of organizing your kitchen playroom and laundry room Superfoods: Juicer Recipes & Smoothie Blender Recipes (Best Superfoods) + Smoothies Are Like You: Smoothie Food Poetry For The Smoothie Lifestyle Juliana Baldec,2014-04-01 This is a 4 In 1 box set compilation of 3 books This compilation includes Juliana Baldec s 4 titles Book 1 Juicing Recipes For Vitality Health Book 2 21 Amazing Weight Loss Smoothie Recipes Book 3 11 Healthy Smoothies You Wish You Knew Book 4 Smoothies Are Just Like You Book 1 2 3 When Juliana got started with smoothies and juicing she was able to shed 20 pounds during a period of 2 month Since then she has been able to keep that weight off Her secret She turned these nutritious satisfying drinks into a way of life Combining smoothies juices her secret morning elixir included a light meal plan has helped her not only lose 20 pounds within 60 days but she was also been able to get rid of her nasty breathing Asthma problems at the same time People who have achieved similar results like Baldec by consuming smoothies juices and an apple cider vinegar honey morning elixir in combination with a light daily meal plan all agree This is the most natural way to nourish your body brain while getting amazing results Inside you will find the same recipes that helped Juliana achieve her amazing results and your body will turn into a lean and clean body that is full of energy vitality happiness and life Coconut Kale Sweetness Lavender Maca Vanilla Delight Papaya Ginger Smoothie Bee Pollen Smoothie Honey Nut Peach Smoothie and many more you can choose from 47 scrumptious tasting recipes Book 4 Smoothies Are Like You is an extremely fun quick easy to read little rhyming book about the amazing Smoothie Lifestyle It is for everyone no matter if you are looking for info about the Smoothie diet for beginners or if you are an advanced Smoothie consumer This inspirational smoothie poem a day



book will cheer you up keep you motivated to stick to this happy healthy smoothie lifestyle in a fun inspirational rhyming way In the end you ll know exactly why Smoothies are like you Double Your Life today     Best Low Fat Vegan Ingredients: 90 Smoothie Blender Recipes For Weight Loss & Detox Cleanse Juliana Baldec,2014-03-31 This is a 3 In 1 box set compilation of 3 books This compilation includes Juliana Baldec s 3 titles Book 1 Paleo Smoothie Recipes Delicious Healthy Smoothies For Easy Weight Loss Book 2 Blender Recipes For The Nutribullet Breville Juicer With Pound Dropping Results Book 3 Smoothies Are Just Like You When Juliana got started with smoothies juices she was able to shed 20 pounds during a period of 2 month Since then she has been able to keep that weight off Her secret She turned these nutritious satisfying drinks into a way of life Combining smoothies juices her secret morning elixir that she is going to share with you inside and a light meal plan has helped her not only lose 20 pounds within 60 days but she was also been able to get rid of her nasty breathing Asthma problems at the same time As a result of following this juicing and smoothie lifestyle your body will turn into a lean and clean body that is full of energy vitality life Inside you ll find 46 scrumptious recipes in total Smoothies Are Like You is an extremely fun quick easy to read little rhyming book about the amazing Smoothie Lifestyle It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy healthy smoothie lifestyle in a fun inspirational and rhyming way In the end you ll know exactly why Smoothies are like you If you are looking for things that relate to the following topics this wonderful box set compilation is for you Best Low Fat Vegan Ingredients Low Fat Vegan Low Fat Ingredients Smoothie Blender Recipes For Weight Loss Blender Recipes For Weight Loss Detox Cleanse Poem A Day Book Smoothie Diet For Beginners Recipe Journal Paleo Lifestyle Live a happy healthy lifestyle and double your life today

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