



# **Homemade Smoothies for Mother and Baby: 300 Healthy Fruit and Green Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years**

*Kristine Miles*

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# Homemade Smoothies for Mother and Baby: 300 Healthy Fruit and Green Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years

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**SUPERDELICIOUS AND ULTRANUTRITIOUS, SMOOTHIES ARE THE PERFECT FOOD FOR MOM AND HER LITTLE ONE**

Every mother-to-be knows how important it is to eat right. But it's challenging to consume the nutrients you need during the different phases of pregnancy and motherhood. Luckily, *Homemade Smoothies for Mother and Baby* makes it easy for you to optimize your health with tasty, all-natural smoothies. It includes 200 recipes packed with vitamins, minerals and other vital nutrients that address you and your baby's every need.

- **Enhance fertility with Pineapple Pizzazz**
- **Ease morning sickness with Honeydew Healer**
- **Increase iron intake with Goji Gold**
- **Rejuvenate skin with Beaming Beets**
- **Relieve cramps with Raspberry Relaxer**
- **Boost your mood with Cheerful Cherry**
- **De-stress with Peaceful Papaya**
- **Optimize breast milk production with Motherly Mango**

Offering information on food allergies and intolerances, *Homemade Smoothies for Mother and Baby* also features tips for transitioning babies from breast milk to solid foods as well as tricks to disguise healthy greens for toddlers and children.

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#### **Kimberly Johnson:**

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their leisure time with

their family, or all their friends. Usually they undertaking activity like watching television, gonna beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? May be reading a book is usually option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to test look for book, may be the guide untitled Homemade Smoothies for Mother and Baby: 300 Healthy Fruit and Green Smoothies for Preconception, Pregnancy, Nursing and Baby's First Years can be very good book to read. May be it can be best activity to you.

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