



# Healthy Smoothie Recipes for Pregnancy

*Dr. Elizabeth Wan*

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## **Healthy Smoothie Recipes for Pregnancy** Dr. Elizabeth Wan

Healthy Smoothie Recipes for Pregnancy teaches you how to make fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to help you and your unborn baby.

This smoothie recipe book also teaches you about the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own pregnancy smoothie recipes.

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