



More Smoothies for Life: Satisfy, Energize, and Heal Your Body

Daniella Chace

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Nutritionist Daniella Chace, coauthor of *Smoothies for Life*, is back with 150 smoothie recipes designed to cure common ailments, increase longevity, and satisfy cravings with fat-burning snacks. Learn how to save money and time by making Starbucks- and Jamba Juice–worthy drinks right in your own kitchen, using the healthiest ingredients on the planet! There's no easier, more decadent way to provide all the nutrients your body needs. With *More Smoothies for Life*, you can whip up:

- smoothies that enhance weight loss, increase metabolic rate, and control appetite
- heart-healthy smoothies rich in antioxidants from blueberries, walnuts, green tea, avocados, pomegranates, and more
- elixirs that heighten mental clarity, improve memory, and support rejuvenating sleep
- quick-and-easy remedies for hangovers, insomnia, and stress
- homemade energy drinks that work and taste like Red Bull, minus the sugar and the price tag

Translating complex food science into easy-to-understand advice, Chace thoroughly explains the scientific basis for each medicinally active ingredient so you know you're getting the most out of your daily shake. Your blender will never be put to better use!

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