



# **Raw Energy in a Glass: 126 Nutrition-Packed Smoothies, Green Drinks, and Other Satisfying Raw Beverages to Boost Your Well-Being**

*Stephanie L. Tourles*

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## **Raw Energy in a Glass: 126 Nutrition-Packed Smoothies, Green Drinks, and Other Satisfying Raw Beverages to Boost Your Well-Being** Stephanie L. Tourles

Boost your energy with all-natural smoothies, shakes, green drinks, power shots, and fermented beverages. Best-selling author Stephanie Tourles offers more than 120 delicious and super-nutritious recipes that can be made with a common kitchen blender. Brighten your day with drinks like Green Grapefruit Refresher, Ginger-Lime Mocktini, Pain-Away Chlorella Smoothie, and Sunbutter Banana Protein Shake. With plenty of vegan options and a variety of natural sweeteners to choose from, there's no shortage of nourishing, energizing, and irresistible choices.

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