



100 Kale Juice Recipes: Vitamins in kale will help lower your blood pressure and cholesterol. Kale will strengthen your heart muscle, and dilate your blood ... (John Sprint Super Juice Book 4)

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100 kale recipes to keep you healthy.

Amazing recipes the whole family will enjoy. Designed by nutritional scientists to provide the vitamins and minerals your body needs to stay healthy. If you want to be healthy you must consume real fruits and vegetables.

These recipes are **fantastic** for losing weight. Juice up!

"These recipes are much healthier than simply taking a multivitamin. They're also delicious!" - Meagan Styles (Nutrition Advisor)

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