



Acai Recipes: 38 of the Best Acai Recipes for Health and Weight Loss to Burn Fat and Live Healthy (Paperback)

By Heather Hope

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Acai Recipes The Essential Kitchen Series, Book 64 38 of the Best Acai Recipes for Health and Weight Loss to Burn Fat and Live Healthy Acai berries are the fruit of acai palm trees. They are primarily grown in Central and South America but may be relatively easy to find in the frozen section of your location grocery story. They are small, delicious berries that are packed with flavor and a variety of antioxidants, giving them nutritional value for any diet. Consuming acai berries have a number of systemic benefits including increased energy levels, enhanced metabolic functions, and a bolstered immune system. So, keeping that in mind, a step in the right direction today can make all the difference in how you feel and how your body performs tomorrow. Learn to appreciate life a little bit more, build a sense of confidence, and adopt an attitude of well-being by preparing the amazing recipes contained in this Essential Kitchen Series Recipe Book! Antioxidants Packed with Delicious Flavor Welcome the Acai Recipes Cookbook into your kitchen and...



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Reviews

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.

-- **Justus Hettinger**