



RAW VEGAN On The Fast Lane: The 60-Second Power Smoothie Handbook

Alicia Ann Lip

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This is a 65-page smoothie handbook that I have created with 23 amazingly quick and super delicious smoothies recipes to help reach out to all you busy raw vegans out there and to better manage your health, mind and body!

Understand that in our modern era, most of us are too busy dealing with our daily commitments, neglecting our health and reaching out for the wrong foods. These power smoothies give you more time to spend with your family yet feeling energetic and happy all the time!

There are 3 types of smoothies (Detox, Nourish and Sweet indulgence for sweet tooth cravings), focusing mainly on fruits, vegetables, nuts and seeds to guide raw vegan “freshmen” and help “seasoned” raw vegans lead an exciting raw vegan lifestyle! Dairy free, gluten free, wheat free and refined sugar free, which means Guilt Free! Bloating and indigestion days are gone for good!

I will also share with you my personal story on how I started going raw, of course, these things do not happen overnight. If you are new to being raw, this book will be a great guide to start off going raw. But if you have been a raw vegan for a while now, this will give you more ideas on making your smoothies interestingly delicious!

The Must-Try smoothies recipes below:

Detox

Signature Green Boost

Sugar Plum

Summer Beets

Grapefruit Cooler

Bittersweet Dino Kale

Beet Detox Plus

Sweet Tango Papaya

Nourish

Wheeze Free Kiwi

Honey Melon

Blackberry Mango

The "Ribena"

Coconut Island

Pink Mango

Red Dragon Passion

Sweet Indulgence

Peach Cobbler

Fig & Almond

Strawberry Colada
The Bounty Hunter
Caramelized Pear
Strawberry Custard
Raspberry Nectar

Extra Fun

2-in-1 Smoothie
Homemade Almond Milk

Lets go Raw for Real, slowly but surely. Like I always say, it can only get better...Never a dull day since.

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