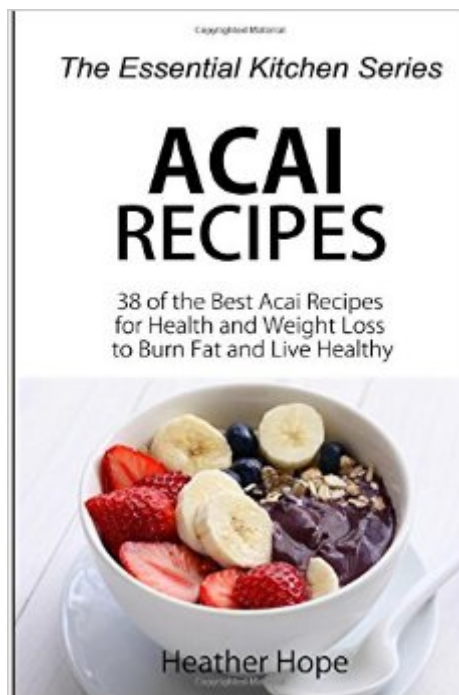


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# Acai Recipes: 38 Of The Best Acai Recipes For Health And Weight Loss To Burn Fat And Live Healthy (The Essential Kitchen Series) (Volume 64)



## Synopsis

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 store. 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 break free from the mainstream, free yourself from chronic pain, and cleanse your system by pledging to eat a healthy diet. Youâ™ve heard a lot lately from the media, online cooking shows and your doctor about anti-oxidants and free radicals. Incorporate this newfound knowledge into your own diet by utilizing these tasty recipes. It Starts With Desire Itâ™s a fact of life that people snack. Acai Recipes is a must read cookbook for individuals desiring more energy, reduced pain, and a stronger heart. Learn what thousands have already discovered in relation to inflammation: some ingredients exacerbate inflammation, while others act as healing agents. There is no better way to learn the secrets of dietary inflammatory control than by downloading this book, filled with an assortment of delicious acai recipes. Foster Healthy Choices and Habits It's your body; start the healing process today. Learn to take charge of its maintenance, turning the corner on fatigue and pain. Adopt the idea of a healthy lifestyle and buy this cookbook today! You'll have absolutely no regrets, but will discover a new you, with bundles of energy and renewed vitality. When you purchase today, you will also get access to a special free gift from The Essential Kitchen Series (\$97 Value).

## Book Information

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