



# **201 Organic Smoothies and Juices for a Healthy Pregnancy: Nutrient-Rich Recipes for Your Pregnancy Diet**

*Nicole Cormier*

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### Nutritious drinks that you--and your growing baby--will love!

When you're pregnant, eating right becomes more important than ever. While prenatal vitamins fill the gaps in your diet, nothing can replace the all-natural goodness of fresh fruits and vegetables. Filled with a variety of delicious food combinations, *201 Organic Smoothies and Juices for a Healthy Pregnancy* shows you how to blend nutrient-rich drinks, right in your own home!

From superfoods like avocado and spinach to revitalizing apples and oranges, these smoothies and juices will not only satisfy your tastebuds, but also provide you with the energy and nourishment you need for every week of your pregnancy. When made with only organic ingredients, each recipe is free of pesticides, hormones, GMOs, and additives, so you can focus on the nutrients your body requires and not have to worry about what else is in your drink.

Get ready to enhance your nutrition intake and ensure that your baby grows healthy and strong--one organic drink at a time!

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