



40 Green Drink, Smoothie & Other Superfood Recipes: A Clean Cuisine Anti-inflammatory Diet Collection (Clean Cuisine Recipe Book)

Ivy Larson, Andrew Larson

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Forty original smoothie and green drink recipes to make with your Vitamix—from the authors of *Clean Cuisine*.

Packed with all-natural, nutrient-dense, anti-aging ingredients that will maximize your health, and designed for use with your Vitamix or other high-speed blender, these recipes will help you reverse diabetes, improve cholesterol and blood pressure, and ease the symptoms of other inflammatory diseases such as multiple sclerosis, fibromyalgia, asthma, allergies, and arthritis.

Developed by Andy Larson, MD, and health fitness specialist Ivy Larson, Clean Cuisine has been scientifically proven to reverse or improve a variety of health issues. Now the authors present a delicious way to add even more phytonutrients to your diet—with 40 original smoothie and green drink recipes.

“I have worked with some of the world’s finest from the fields of fitness and nutrition. A common link among people considered the best in their chosen fields is they give you guidance for today but, more importantly, hope for tomorrow. This is Andy and Ivy’s goal.”—Jack Nicklaus, golf legend

Andrew Larson, MD, FACS, FASMBS, is a board-certified general, laparoscopic, and bariatric surgeon, one of only a few hundred physicians in the world directing an internationally certified “Center of Excellence” program offering weight loss surgery. A University of Pennsylvania School of Medicine graduate, he serves on the affiliate faculty of the University of Miami Miller School of Medicine as an affiliate assistant professor of surgery at the JFK Medical Center and is also an affiliate clinical assistant professor at the Schmidt College of Biomedical Science at Florida Atlantic University. He works in Palm Beach County, Florida, as medical director for JFK Medical Center’s Bariatric Wellness and Surgical Institute and president of the Palm Beach County Medical Society. **Ivy Larson** is an American College of Sports Medicine certified health fitness specialist, TV personality, recipe developer, and “Clean Cuisine” cooking instructor. Ivy lives in North Palm Beach with Andy and their son.

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Jose Coleman:

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