

EATING HEALTHY with CELEBRITY VEGAN CHEF SANDI MORAIS

co HOST LOUIS WITTER

*SATURDAY FEBRUARY 6, 2021

5:00 p.m. to 6:00 p.m. EST

SMOOTHIE CHALLENGE SUCCESS STORIES

Mea



Arozia



Sophie G.



Linda



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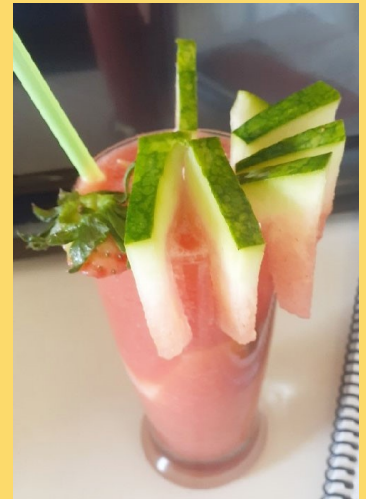
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WHY I STARTED THE SMOOTHIE CHALLENGE?

I started this Smoothie Challenge with the recipes from my Vegan Recipe for Life Cookbook to help inspire, encourage and promote healthy living. Thanks to everyone that participated in the challenge. Continue your healthy lifestyle journey." by Vegan Chef Sandi Morais



Our Winners: 1st Place Mea Allman (Chocolate Raspberry Bliz Smoothie) & Linda (Berry Merry Bliz Smoothie), 2nd Place Sophie G (Pineapple Smoothie) & 3rd Place Arozia (Berry Merry Bliz Smoothie)

Other Smoothies our challengers made:



Top (L-R): Adrianna (Berry Merry Bliz Smoothie), Carmen (Banna Hemp Nog Smoothie), Julie (Merry Berry Bliz Smoothie), Linda (Pineapple Bliz Smoothie, Chocolate Raspberry Bliz Smoothie), Louis (Apple Fig Bliz Smoothie, Goji Pumpkin Berry Bliz Smoothie, & Watermelon Smoothie). Mea (Banana Hemp Smoothie & Pineapple Bliz Smoothie) & Tory (Apple Fig Bliz Smoothie),

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Comments from Smoothie Challenge:

- The Merry BerryBliz Smoothie was so nice, I did it twice." by Sophie G, host of the Sophie G show.
- The Smoothie Challenge was amazing. Getting all my nutrients in a glass a day is the healthy way to go." by Arozia Williams
- The 9 days Smoothie Challenge made me feel great. I don't plan on stopping. I will continue to listen to Eating Healthy with Sandi on CRR network. Thank you for everything that you do " by Carmen Trastoy
- I enjoyed the Smoothie Challenge. The recipes were delicious, satisfying and energizing. I also was able to test my photography skills. Thank you Chef Sandi." by Linda Marshall
- The Smoothie Challenge was healthy & delicious. We will continue to incorporate smoothies in our daily lives. Everyone should have a copy of Chef Sandi's Vegan Recipe for Life Cookbook." by Tory & Jas Wynter.
- I enjoyed the Smoothie Challenge. Each day I make my smoothies with blueberries and dates. I did not think I like blueberries and dates and now I eat them everyday. I am sticking with my smoothies." by Julie Coleman, Host of Life Begins Now
- The Smoothie Challenge was a great jump-start for my health journey. Not only did I enjoy the tasty smoothie recipes but I learned a lot about nutrition as well. Thank you for challenging me Chef Sandi." by Adrienne Clark, Host of Happie Hour Wednesday & Sunday Praise.

On behalf of Louis Witter of Caribbean Rhythms Radio and myself Celebrity Vegan Chef, Sandi Morais, we would like to thank all our participants who joined the smoothie challenge with us and for sharing all your wonderful photos. For more information and to purchase by cookbook to get all these recipes and more from my **"Vegan Recipe For Life Cookbook"** for \$24.95 (Includes S&H), please visit it online at www.vegantuneupcafe.com.

**Eating Healthy with Vegan Chef Sandi Morais
and Co-Host Louis Witter**
On Caribbean Rhythms Radio Network
Every Saturday from 5:00 PM - 6:00 PM
Broadcast from Florida, to countries including Jamaica,
UK, Kenya, Brazil, Canada, Netherlands, Nigeria and Japan

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