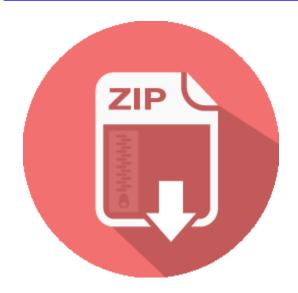
SMOOTHIES RECIPE BOOK



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30 Super Healthy Smoothie Recipes Fruit and Breakfast

This decadently thick smoothie recipe can even satisfy your desire for ice cream and it's healthy! Servings: 1. 1 c low-fat or light vanilla yogurt; 6 ice cubes; 1 c pineapple chunks; 1.

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Smoothie Recipe book Dr Alan Christianson

1. add 1/2 cup ice and blend to give it a smoothie texture 2. add 1/4 cup of navy beans (or 1/2 green banana) to make it a lunch serving 3. add a side of greens (eItHer 1/2 cup frozen spinach, 1 cup fresh spinach Or 1 tbsp Daily Greens) to make it a complete meal saLteD CaraMeL sMOOtHIe

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Smoothie Recipes Allrecipes com

A smooth drink that is a meal in itself. Banana, milk and a nice raw egg - all topped off with a pinch of cinnamon. This recipe contains raw eggs. We recommend that pregnant women, young children, the elderly and the infirm do not consume raw eggs.

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Our Top 10 Most Pinned Smoothie Recipes Martha Stewart

Packed with fresh fruits and veggies, smoothies are a great -- and delicious -- way to get your fill of energy-boosting proteins and healthy fats. Blend your way to better health with the top 10 most-repinned smoothies from our Pinterest boards.

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50 Smoothies Recipes and Cooking Food Network

Vietnamese Coffee Smoothie Blend 1/2 cup chilled espresso or strong coffee, 1/4 cup sweetened condensed milk and 1 1/2 cups ice. Top with chocolate shavings and/or chocolate syrup.

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Healthy Smoothie Recipes EatingWell

This healthy smoothie recipe has all the flavor of a pumpkin spice latte without all the sugar. Made with real

pumpkin and frozen banana, this whips into a creamy, luscious grab-&-go breakfast (or snack) in just 5 minutes. http://ebookslibrary.club/download/Healthy-Smoothie-Recipes-EatingWell.pdf

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