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blender, puree 2 cups fresh summer  
fruit (blackberries, raspberries, hulled  
strawberries, chopped peaches,  
and/or nectarines), chilled, with 1/2

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## Smoothie Diet Book Smoothie 32 Healthy Smoothie Recipes - Healthy Breakfast Smoothies

This smoothie recipe is nutritionally  
complete and if you made it part of  
your diet I am sure you ' d see  
improvements in all areas of your  
health. Yes, it is somewhat complex  
and could potentially work out to be  
a little expensive, but if health is  
important to you it should make a lot  
of sense.

## 6 Healthy Breakfast Smoothies - Green Healthy Cooking

The Complete Healthy Smoothie Bible  
These smoothie recipes are to die for.  
This is my favorite out of all the quick  
recipe audiobooks. The ingredients  
for these smoothies are easily

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obtainable and fresh. Frozen fruit  
could also be used if fresh can't be  
found.

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17 Smoothies That Give You All the  
Nutrients You Need ...

The combination of kale and avocado  
makes this healthy smoothie recipe  
extra green. Chia seeds lend this

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creamy smoothie a heart-healthy punch of fiber and omega-3 fatty acids.

Start your day off with a bang with this fruit-packed smoothie recipe. Servings: 2. 1 c frozen unsweetened raspberries.  $\frac{3}{4}$  c chilled unsweetened almond or rice milk.  $\frac{1}{4}$  c frozen pitted unsweetened cherries or raspberries.  $1\frac{1}{2}$  Tbsp honey. 2 tsp finely grated fresh ginger. 1 tsp ground flaxseed.

15 Healthy Smoothies for an Easy Breakfast on the Go ...

How to Freeze Smoothies 1. Prep Your Ingredients. Everything will be the same as before,... 2. Blend Everything. Mix everything together,



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including your liquid and any dry ingredients... 3. Mark and Freeze. Once your mixture is made, then pour it into your containers and mark it. 4. Thaw...

Ultimate Healthy Breakfast Smoothie Recipe | Cooking Light  
Gingery Berry and Oat Smoothie.  
Reinvent oatmeal by whirling rolled oats, blueberries, yogurt, and ice in a blender. Brown sugar and fresh ginger add an extra pop of flavor. Get the recipe: Gingery Berry and Oat Smoothie.

The Complete Healthy Smoothie Recipe | ThePaleoDiet.co.za  
Ingredients 1 medium banana (fresh or frozen). ½ cup sliced strawberries, blueberries, or chopped mangos. ¼ cup 2% plain Greek yogurt. 1

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tablespoon almond butter. ½ cup baby  
spinach. ½ cup unsweetened almond  
milk. Optional: 1-2 basil leaves, 2-3  
mint leaves, ½ teaspoon peeled,  
chopped ginger.

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Ingredients: 1 cup milk, 1/4 cup  
chilled very strong coffee, 2  
tablespoons peanut butter, 1  
tablespoon coconut oil, 1 teaspoon  
honey, 1/2 teaspoon vanilla extract, 2  
frozen peeled ripe bananas ...

### Make Ahead Smoothies – Your Complete Guide and Recipes

"This recipe provides a balance of  
fruit, veggies, protein, and healthy  
fats. The chia seeds help to thicken  
the texture of the smoothie, so you  
can eat it in a bowl, and they provide

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anti-inflammatory omega-3 fats and fiber to help keep you full for hours."

(See: 10 Healthy Desserts Made with

Chia Seeds.) Get the recipe: Powered-up Smoothie Bowl

## Machine Smoo

Complete Breakfast Smoothie Recipe  
| Jeff Mauro | Food Network

This smoothie is the solution to this dilemma! When it comes to making a complete meal into a smoothie, it ' s important that the smoothie have vegetables, a little fruit for sweetness and flavor, healthy fat and protein; basically everything that you would find in a meal.

Healthy Smoothie Recipes -  
EatingWell

"Adding a healthy fat like nuts or nut butters is a good way to add flavor and keep you satiated for longer,"

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Werber says. So if you tend to feel hungry soon after a smoothie, try a morning protein smoothie like this one. You can use hazelnut butter or peanut butter for this recipe.

## Morning Smoothies for a Healthy Breakfast | Shape

Instructions: Add all ingredients to the blender in order of the listed ingredients. Blend until perfect consistency is achieved.

## 16 Meal Replacement Smoothies Recipes

With ingredients like kale, apples, parsley, spinach, kiwi, and avocado, these 21 smoothie recipes are the quickest, easiest way to get in your fruits and veggies. July 27, 2017.

Christina Holmes. Ready in under ten minutes and packed with fruits and

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A healthy breakfast smoothie needs protein and vegetables but it should also taste delicious, right? Many delicious smoothies are all fruit and thus high sugar and not very healthy unfortunately. Many healthy recipes are all veggies and powdered super foods and not yummy at all unfortunately.

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