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Healthy Smoothie: 51 original smoothie recipes for good eyesight by Tori Smith is an incredible particular cookbook that aims in presenting to you easy to make smoothies that are orientated in helping to improve your vision. The book mentions a plethora of ingredients that are used in the smoothies and how they aid the bettering of our eyes.

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WINTER SMOOTHIES Blue Diamond almond milk with honey 51 214 12g 38g Blue Diamond almond choc, 98% fat-free 120 503 15g 205g Blue Diamond original almond milk 63 263 1g 7g JUICE AND SMOOTHIE BAR The 'Original' Acai Bowl 310 16 04 0 571 35 0 83 460 176 34 0PB & G Bowl ... Natural Childbirth Bradley Way Revised healthy smoothie 51 original smoothie

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Ingredients 2 cups frozen fruit (any kind) 1 cup liquid (almond milk, orange juice, water, etc.)

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Healthy smoothie recipes can contribute to your weight-loss plans, but only if you're choosing low-fat, low-calorie, low-sugar ingredients. Use portion control. Smoothies can contain more vegetables or fruit than you would eat raw and that means you are taking in more calories, carbohydrates and sugar than you

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think. Keep your smoothie at ...

~~How to Make the BEST Healthy Smoothies — 7 Easy Recipes!~~

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Their Original High Protein Pineapple Smoothie is a much better option, as it provides only 4 grams of added sugar in the same serving size (7). Many sugary ingredients are easy to identify, such...

~~Are Smoothies Good for You?~~

Ingredients 1/2 - 1 cup of strawberries (I prefer frozen but fresh work) 1 frozen banana 1/2 cup of yogurt (any kind will work well!) 1/2 cup liquid of choice (I love almond milk in this!) 2 - 3 tablespoons peanut butter (other nut or seed butters will also work here!)

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The main ingredients in our healthy breakfast smoothie are kale, mango, pineapple, dates, chia seeds and ginger. Kale has enjoyed such a renaissance in recent years. Once used almost strictly as decoration at salad bars or deli trays, kale is “super food” and a part of many healthy lifestyle diets.

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