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Smoothie Recipe book - Dr. Alan Christianson

13 Green BaNaNa NuSMOOiHe by: Becky L.

Ingredients 1 serving of adrenal reset shake 1 banana 1 tbs nut butter a handful of kale or spinach

Healthy Smoothie Recipes - EatingWell

Adding leafy greens into your smoothie recipes is a great way to boost the nutrients in your diet. This smoothie is fruit-flavored with peach, banana and mango but it's got chard in it for added vitamins K, C, and A.

8 Detox Smoothie Recipes for a Fast Weight Loss Cleanse

The reason green detox smoothie recipes are so popular is because most detox smoothie recipes call for some kind of green leafy vegetable (like spinach, chard or kale), which gives it its distinctive green color.

Smoothie Recipe Book: 365 Days of Smoothie Recipes: Green ...

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30 Super-Healthy Smoothie Recipes - Fruit and Breakfast ...

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