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# Ultimate Smoothie BOOK

130 Delicious  
Recipes for  
Blender Drinks,  
Frozen Desserts,  
Shakes, and More!

CHERIE CALBOM  
*Author of The Coconut Diet*

# Ultimate Smoothie

**Hannie Scott**



## **Ultimate Smoothie:**

Smoothie Diet: 37 Amazing Smoothie Diet Blender Recipes (Best Smoothie Diet Recipes) + Smoothies Are Like You

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carbohydrate virtually all dairy and refined sugar products concentrating on natural sugars good fats and proteins Paleo smoothies are an excellent way to pep up the Paleo diet helping you to shed even more pound simply because you are blending together the perfect combination of Paleo ingredient Green smoothies are all the rage containing high amounts of green super foods like spinach kale apples etc all of these contain high amounts of antioxidants vitamins and minerals required by your body for efficient running and weight loss If you eat nothing else good all day starting off with a green smoothie mean that your body is getting everything it needs to thrive Many smoothies contain fruit not just because of their health benefits but because they can take away the bitter taste of some of the other ingredients that might be in your smoothie Add a banana or a mango for a tropical taste and you won t feel like your smoothies are a chore Finally detox or cleansing smoothies can certainly help you to lose weight especially when you combine them with the right diet It s no good drinking a healthy cleansing smoothie and then following it up with unhealthy food The idea of a cleanse is to cleanse the toxins and poisons from your body so don t supplement it with more These toxins are not just caused by polluted air refined sugars bad fats and gluten cause them for some people With the smoothie recipes I am going to give you you can easily do a three or five day smoothie cleanse without feeling as though you are starving yourself So it s time to step into the healthy and fun world of smoothies Before we move on to the recipes we are going to take a look at the health benefits of some of the ingredients of these smoothies

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