

The Healthy Smoothie Formula

$\frac{1}{2}$ cup liquid
+
1 cup frozen
banana slices
+
 $\frac{1}{2}$ cup frozen fruit
+
 $\frac{1}{3}$ cup protein
+
1 cup greens
+
1 Tbsp.
health bonus

EatingWell.com

Healthy Diet Smoothy Recipe

Juliana Baldec



Healthy Diet Smoothy Recipe:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Healthy Diet Smoothy Recipe** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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