

Smoothies are a great option for clean eating beverage. With various kinds of fruits and vegetables of your choices, you can blend together your favorite fruits, protein powder, fruit syrup, water and crushed ice to make your own favors and it's kind of fun to create unlimited smoothie recipes out of those clean ingredients. And it's easy and friendly for those who find it hard to eat fruits and vegetables, because all you have to do is just put everything in the blender and blend it for just minutes and you got all nutrients in a glass to drink easily and tasty.

Corner of a Round Planet (The Albion Transcripts Book 1), Catseye, Grizzly country., Second (Alysha Forrest Book 2), Pulp, Easter 100 Recipes, 2nd Chance,

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