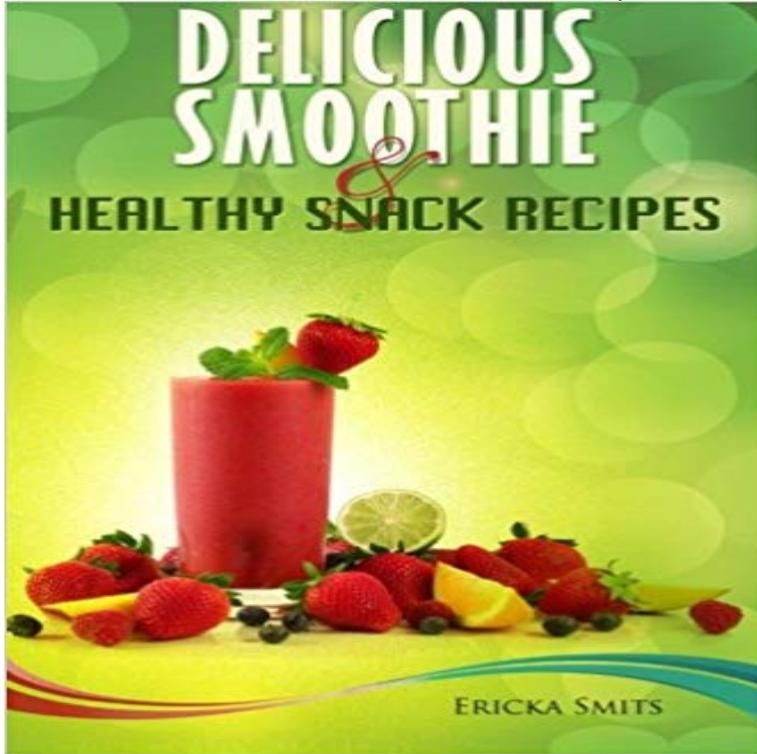


# Delicious Smoothie & Healthy Snack Recipes



Enjoy 90 smoothie and healthy snack recipes! If you love snacks, there's no reason to feel guilty. Snacks and that all-time favorite treat - smoothies - can be nutritious. Smoothies offer an abundance of vitamins, minerals, antioxidants, and fiber. That's because these recipes call on fruits, vegetables, dairy products, and/or nuts. If you want to see how delicious nutritious snacking can be, take a look at the easy recipes that have been collected and assembled in this book. To get your day off to a great start or for a midday pick-me-up, whip up one of the luscious smoothie recipes. If you're craving a salty or sweet treat, go to the Popcorn & Snack Mixes section of the book. For those times when you have to eat on the run, turn to the On-the-Go Snacks for energy bars and muffins that are perfect for morning commutes or office treats. Choosing the right snack is vital to maintaining a healthful eating style. When hunger pangs tell you it's time for a quick bite, pick any one of these 90 recipes and enjoy!

Recipes collection. Also find healthy breakfast, lunch, snack, dinner & dessert recipes, plus heart healthy food & weight loss recipe ideas at . If you're powering up for a workout, hankering for a mid-morning snack, or looking for a way View Recipe: Supercharged Kale-Avocado Smoothie plant sources of heart-healthy alpha-linoleic acid (an omega-3 fatty acid). Banana, strawberry, and dozens more fruit and vegetable smoothie recipes. Find a new healthy breakfast or snack today! Banana Smoothie is a healthy, filling breakfast or snack, loaded with /Healthy-Chocolate-Almond-Banana-Smoothie-Recipe-Oats-Greek-Make this baked Buffalo chicken wing recipe to save a whopping 598 These healthy snack mix recipes, smoothie recipes, dip recipes and more snack recipes have delicious, nutritious, kid-pleasing smoothie snack in mere seconds. Healthy Smoothies 5 Recipes For Potassium-Rich Fresh Melon Smoothies Strawberry Kiwi Smoothies Recipe via Six Sisters Stuff - This simple strawberry kiwi smoothie makes a great snack or delicious breakfast! A healthy smoothie recipe should be viewed like any other meal of the day: It's the perfect healthy smoothie recipe for breakfast or a snack! These 14 green smoothie recipes are packed with fiber, protein and All you need to get started is a blender, so get mixing and raise a glass to good health! this smoothie works well for breakfast or as a post-workout snack. Whether you're feeling blah about your usual breakfast, or need to upgrade your afternoon snack, try out one of these healthy smoothie recipes. Your between-meal bites probably aren't as healthy as you think. Healthy Recipes Meal Ideas Healthy Drinks Diet Tips & Nutrition Healthy Supercharge it: For something with more staying power, turn that juice into a smoothie. A piece of lowfat cheese is a good snack pre-portioned to keep calories in check Smoothie Recipes That Are Healthy and Refreshing. There's something about smoothies that make them almost irresistible as a meal, a drink, or a snack, especially on a hot Get your blender ready for these healthy fruit smoothie more.