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Each color group of fruits and vegetables offers different beneficial effects, so to get these essential nutrients, you have to eat the rainbow! What Color Is Your Smoothie? helps you do just that. Inside, you'll find delicious, easy-to-make recipes, such as: Sparkling Strawberry Smoothie bright red strawberries are packed with vitamin C. They also contain heart-healthy omega-3 fatty acids and belly-filling fiber.

What Color is Your Smoothie? | Book by Britt Brandon ...

The infographic showcases 9 Smoothies made with 3 ingredients. This smoothie infographic , created by bestblenders.reviews , illustrates numerous of smoothie recipes named after their main color. For example, orange fruits are high in vitamin C, vitamin A. Keep your eyes and immune system strong with a serving of orange fruits and vegetables.

What Color is Your Smoothie? [INFOGRAPHIC]

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What Color is Your Smoothie? eBook by Nicole Cormier ...

Making a smoothie seems like the simplest way to start your day off right—pop your favorite fruit into a blender, add some ice and a splash of almond milk, and you're good to go. But not so fast.

9 Smoothie Mistakes You're Making | Prevention

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What Color is Your Smoothie? - Britt Brandon, Nicole ...

The liquid bases you use in your smoothie also play a big role. Skip fruit juices, which are packed with sugar and lack protein and fat, and go for low-fat milk or an unsweetened, non-dairy milk ...

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Start your day off with a little ray of sunshine - a low-fat smoothie that's one of your five-a-day and tasty too! 5 mins . Easy . Vegan . Gluten-free . Banana smoothie. 7 ratings 4.2 out of 5 star rating. Quick and easy to make, this banana, prune, almond milk and nut butter smoothie is an ideal on-the-go energy boost ...

Smoothie recipes - BBC Good Food

How to Colour Your Smoothies Naturally Turquoise: Spirulina. What is it: A dark green-blue powder made from an algae found in freshwater ponds, lakes and... Bright blue: Butterfly pea flower. What is it: Often sold as a tea or in powder form, butterfly pea flowers are used to... Emerald Green: ...

How to Colour Your Smoothies Naturally | Liv

50 smoothie recipes from Food Network Magazine. 11. Kiwi-Strawberry Blend 1 cup strawberries, 2 peeled kiwis, 2 tablespoons sugar and 2 cups ice. 12. Cherry-Vanilla Blend 1 1/2 cups frozen pitted ...

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