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are told we need to drink milk to be healthy.

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Apr 18, 2013 Juicing and smoothies are all the rage right now. If your smoothie includes yogurt or milk,
Healthy Juice Recipes for a Juicer or a Blender;

8 healthy smoothies made with 3 ingredients -

8 Healthy Smoothies Made With 3 Blend in of an avocado or fresh lime juice. and cup unsweetened almond milk into a blender. Blend until smooth

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We've rounded up 54 of our favorite smoothie recipes to sip 2-3 cups organic spinach 1 cup milk (or juice) Healthy Recipes Healthy Smoothie Recipes

Basic fruit smoothie recipe - allrecipes.com

Dec 06, 2003 "This is a great smoothie consisting of fruit, fruit juice and ice. Another possibility is making it with milk instead of water,

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Green smoothie recipes: healthy smoothies |

Serves 1. Ingredients 1 cup firmly packed chopped red chard, including stems of 1 cup cooked red beets 1/2 cup almond milk 1/2 cup apple juice 1 teaspoon pure vanilla

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Orange smoothie recipe - allrecipes.com

Jun 07, 2005 In a blender, combine orange juice concentrate, milk, water, vanilla, sugar and ice. Homemade, yet reminiscent of a famous orange smoothie.

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