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particular cookbook that
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smoothies that are

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orientated in helping to improve your vision. The book mentions a plethora of ingredients that are used in the smoothies and how they aid the bettering of our eyes.

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Diamond almond milk
with honey 51 214 12g

38g Blue Diamond
almond choc, 98% fat-
free 120 503 15g 205g

Blue Diamond original
almond milk 63 263 1g

7g JUICE AND

SMOOTHIE BAR The
'Original' Acai Bowl

310 16 04 0 571 35 0 83

460 176 34 0PB & G

Bowl ... Natural

Childbirth Bradley Way

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Original Smoothie
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Ingredients 2 cups
frozen fruit (any kind) 1
cup liquid (almond
milk, orange juice,
water, etc.)

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Recipes — Fit Foodie
Finds~~

Healthy smoothie recipes can contribute to your weight-loss plans, but only if you're choosing low-fat, low-calorie, low-sugar ingredients. Use portion control. Smoothies can contain more vegetables or fruit than you would

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eat raw and that means
you are taking in more
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think. Keep your
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Their Original High
Protein Pineapple
Smoothie is a much
better option, as it
provides only 4 grams
of added sugar in the
same serving size (7).
Many sugary
ingredients are easy to
identify, such...

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~~Are Smoothies Good for
You?~~

Ingredients 1/2 – 1 cup
of strawberries (I prefer
frozen but fresh work) 1
frozen banana 1/2 cup
of yogurt (any kind will
work well!) 1/2 cup
liquid of choice (I love
almond milk in this!) 2
– 3 tablespoons peanut
butter (other nut or seed
butters will also work

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System This Cold and
Flu Season. October 28,
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Manaker. 145 Shares~~

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Fitness

The main ingredients in our healthy breakfast smoothie are kale, mango, pineapple, dates, chia seeds and ginger. Kale has enjoyed such a renaissance in recent years. Once used almost strictly as decoration at salad bars or deli trays, kale is “super food” and

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