HEALTHY SMOOTHIES - 6 DELICIOUS FLAVORS -

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BANGNE

- MILK
- BANANA
- POWDER
- PROTEIN POWDER

CREAMY GREEN

- MILK - BANANA
- SPINACH
- AVOCADO
- CHIA SEEDS



- MILK
- BANANA
- MANGO
- GINGER
- TURMERIC



- YOGURT RASPBERRIES
- BANANA



- MILK
- BANANA
- CARROTS
- CHIA SEEDS



BLUEBERRY PROTEIN

MILK
- BANANA
- BLUEBERRIES
- AVOCADO
- PROTEIN

PROTEIN POWDER - CHIA SEEDS

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Healthy Recipes Guide

Patrick Barrett

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