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when making your raw smoothie place the soft ingredients (like bananas or recipe is The Rawtarian's Raw Breakfast Bowl, or a green smoothie, to live

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it just so happens that the vast majority of our favorite Vita Mix recipes happen to be smoothies. Kale and Pear Green Smoothie Vita Mix Recipe. 1/2

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Nikki Mennel experienced a stroke in September 2011 at the age of 39. Nikki and her husband Jurgen, used green smoothies as a foundation for a complete health and

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Green superfoods have the Free radicals may sound a little like an extremist terrorist sect evading capture and We here at Food Matters are committed

Days 7 & 8 january juice/ smoothie cleanse: review

This morning I finished reading the book, Green Smoothie Revolution: 2012 by Living Girl Living Foods. vegetables and things I never considered like edible

How to make a perfect green smoothie - 100 days of

founders of Simple Green Smoothies With over 500,000 green smoothie rawkstars in their It s hard to get someone to like a smoothie that is gritty or

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Sure, green smoothies played an instrumental role in my weight loss. But a daily green smoothie wont undo fast food lunches, or snacking on chips all day, or ordering

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