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7.4K shares Share53 Pin7.4Kl decided to scour the internet in search of the best smoothie recipes. I originally decided to post a list of 50, but quickly realized there were just way too many that I COULD NOT leave off of the list. Remember, a lot of these smoothies can be made vegan by simply switching ...

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35 Healthy Smoothie Recipes for a Filling, Energizing Breakfast in 2020 1. Creamy Kale Smoothie. This smoothie is from the Balanced Gut section of Prevention's Smoothies & Juices. Packed with... 2. Citrus-Pineapple Smoothie Bowl. This smoothie bowl is a fun way to switch up your routine. It features ...

## **35 Healthy Breakfast Smoothie Recipes for All-Day Energy ...**

Smoothies are an easy way to get more fruits and vegetables into your day, but calories can add up fast. For a smoothie that's only about 200 calories, follow our formula and use 1 cup fresh fruit or vegetables and/or cooked, frozen vegetables + 1 cup fruit juice. Blueberries and grape juice are featured here.

## **Smoothie Recipes | Allrecipes**

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In this post you'll find smoothie recipes for every time of year, from healthy fruit smoothie recipes to fall pumpkin to year-round green smoothies. Drinking a smoothie for breakfast can give you a burst of energy in the morning and helps you to start your day on a healthy note. Jump to the Smoothies. Healthy Smoothie Ingredients

## **Healthy Breakfast Smoothies - 21 Quick & Easy Recipes**

Find healthy, delicious smoothie recipes including strawberry, tropical and other fruit smoothies, green smoothies and protein smoothies. Healthier recipes, from the food and nutrition experts at EatingWell.

## **Healthy Smoothie Recipes | EatingWell**

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\*If you'd like a sweeter smoothie, add 1 to 2 tablespoons of maple syrup. Creamy Coffee Smoothie. Rise and shine with this creamy smoothie that offers more nutrition and less added sugar than your typical coffee blended beverage. The Greek yogurt also helps to stabilize your energy levels so you won't fall victim to a mid-morning crash.

### **Top 10 Essential Smoothies for Beginners - NutriBullet**

Sneak in your veggies with a smoothie every morning. Riced cauliflower adds thickness and creaminess to a subtly sweet cauliflower smoothie that features the fruity flavors of bananas and berries at the forefront. ... The combination of kale and avocado makes this healthy smoothie recipe extra green. Chia seeds lend this creamy smoothie a heart ...

### **16 Anti-Inflammatory Smoothie Recipes | EatingWell**

Drinking a smoothie at work is an easy way to keep your hands clean and your belly full. Make them at home and keep them refrigerated at work or invest in a great double wall thermos container. If your job leaves you little time to eat, even snacks or finger foods can be tricky to consume while working.