

[VITAMIX HEALTHY SMOOTHIE RECIPES](#)



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Emerald Smoothie Pineapple and vanilla soymilk give this green smoothie a light, citrus flavor that will satisfy your cravings. Banana Avocado Drink Sweet and creamy, this smoothie is a great way to use any extra bananas you might have in the kitchen.

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10 Power Packed Smoothie Recipes Vitamix

Beet, Strawberry, Cranberry Smoothie - With its bright red color and sweet cranberry/strawberry flavor, this smoothie makes it easy to fit the long-neglected beet into your menu. Strawberry Fig Smoothie - Granola makes this smoothie extra filling. Blend in the morning for a great start to your day.

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Vitamix Recipes PerfectSmoothie.com

Vitamix Recipes: Our Favorite Vitamix Smoothie Recipes All of these recipes for a vitamix blender can be found within our site in our smoothie recipes section. The goal of this list is to both give you an idea of what types of smoothies you can make with your vitamix blender as well as to show off some of our favorite recipes.

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23 Heart Healthy Vitamix Recipes thehealthyeatingguide.com

Healthy Vitamix Smoothie Recipes Green Smoothies Apple Cinnamon Cucumber Smoothie. Ingredients: 1 apple; 1/2 cucumber; 1 tsp. Truvia (a natural sugar substitute) 2 tsp. cinnamon; 6 ice cubes; 1 handful greens like spinach, kale, beet greens, or collards; 3 cups of water; Instructions: Place all ingredients into the Vitamix. Turn the variable setting to low and flip the Vitamix on. Turn up to high and blend for about 30 seconds.

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Best 25 Vitamix smoothie recipes ideas on Pinterest

Posted by Josephine Thompson Can you ever have enough smoothie recipe ideas? I need to include more green veggies in my life. by rosa fruit healthy motivation nutrition recipes veggie weightloss Apples bananas berries Broccoli carrots celery Cucumber

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Vitamix Healthy Smoothie Recipes for Weight Loss Apps on

This Vitamix Healthy Smoothie Recipes app focuses on smoothie recipes that can aid people in natural weight loss. It has a wide variety of smoothie recipes to help you achieve your weight loss and nutrition goals because all of the recipes here are packed with fiber, vitamins, and minerals as well as antioxidants.

<http://ebookslibrary.club/Vitamix-Healthy-Smoothie-Recipes-for-Weight-Loss-Apps-on-.pdf>

5 Vitamix Smoothie Recipes You Need To Know About For A

Needless to say, smoothies are healthy and tasty treats that are sure to give you the health boost you need. 5 Healthy Vitamix Smoothie Recipes Whatever your health and fitness needs are, there is an endless list of healthy smoothie recipes you can follow to achieve your goal.

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Vitamix Healthy Smoothie Recipes SparkRecipes

Top vitamix healthy smoothie recipes and other great tasting recipes with a healthy slant from SparkRecipes.com.

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Free Healthy Vitamix Recipes Elana's Pantry

Free Vitamix recipes! Vitamix dessert recipes, Vitamix soup recipes, green smoothie recipes, vegan Vitamix recipes and Vitamix recipes for weight loss.

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Blender Babes Healthy Smoothie Recipes Blendtec vs

Blender Babes offers more than just healthy smoothie recipes and Vitamix recipes. We also share recipes and tips for creating meals, snacks, desserts, and more that you can make quickly and easily with your blender.

<http://ebookslibrary.club/Blender-Babes-Healthy-Smoothie-Recipes-Blendtec-vs-.pdf>

A Breakfast Smoothie Habit and 5 Smoothie Recipes Dula Notes

For Christmas, I received a Vitamix blender. I didn't ask for it because it seemed too extravagant, but now I'm happy Marc bought it. Before I had terrible luck with blenders and then this high-speed blender walked into my life.

<http://ebookslibrary.club/A-Breakfast-Smoothie-Habit-and-5-Smoothie-Recipes-Dula-Notes.pdf>

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