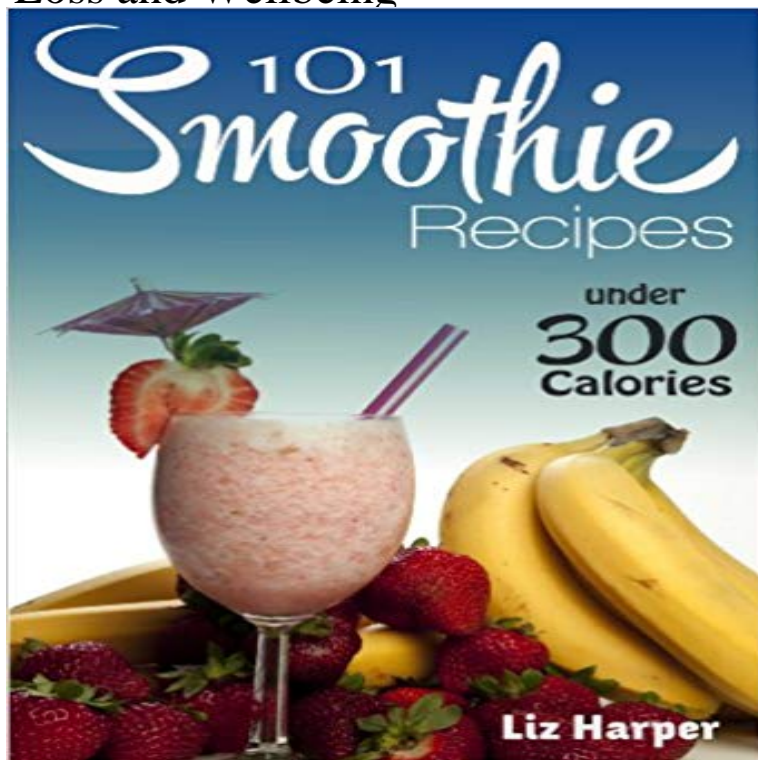


# 101 Smoothie Recipes Under 300 Calories: Smoothie Recipes for Weight Loss and Wellbeing



101 Delicious Smoothie Recipes That are Easy to Make, Taste Great and are Packed With Antioxidants, Vitamins and Lots of Other Essential Nutrients! \*\* LIMITED TIME SPECIAL PRICE! (Usually \$3.99) \*\* Smoothies Under 300 Calories Apart from the fact that they taste great, smoothies are full of fresh fruit and vegetables, full of those essential nutrients you need to feel great everyday. You and your family can be drinking healthy, great tasting drinks without being dependent on those high sugar, supermarket drinks we should ALL be avoiding. Increasing your intake of the fruit and vegetables in these recipes will increase your energy levels, cleanse and detox your body and help you with weight reduction! What's Inside This Book? Detailed instructions on the best way to make smoothies Advice on choosing the best blender for you Information on which ingredients to use to stimulate weight loss Healthy ways to thicken and sweeten your smoothie And, of course, 101 Smoothie Recipes with all the nutritional information you need for each recipe!

## One of The Recipes Featured in This Book

This Almond and Blueberry Smoothie has less than 200 Calories! This smoothie is high in vitamin B6, C, dietary fiber and manganese. The use of low fat Greek yogurt helps aid you with digestion and is exactly what you need for weight loss. The blueberries are rich in antioxidants that improve memory and lower blood sugar, oh and they taste great! Ingredients:

1-2 cup blueberries, fresh or frozen 1/2 cup plain low fat Greek yogurt 1/2 cup slivered almonds 2 tablespoons wheat germ 2 tablespoons unsweetened almond milk or skim milk 1 cup ice

Nutrition Information: Servings: 2 Serving Size: 283 g Calories 172, Calories from Fat 64, Total Fat 7.1g, Saturated Fat 0.6g, Trans Fat 0.0g, Cholesterol 0mg, Sodium 39mg, Potassium 219mg, Total Carbohydrates 16.6g, Dietary Fiber, 4.5g, Sugars 9.8g,

Protein 11.2g, Vitamin A 1%, Vitamin C 20%, Calcium 12%, Iron 12% % based on a RDI of 2000 calories Thirsty for More? Scroll to the top of the page, download your copy and get you and your family on the road to a healthier life!

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