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writer and blogger Kathy Of Patalsky loves sharing her passion for healthy, vegan cuisine.

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and a blog that receives half a million unique visitors a month, food writer Kathy Patalsky loves sharing her passion for healthy, vegan cuisine.

365 Vegan Smoothies: Boost

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½ cup ice ¼ cup ¾ cup 8G

VITAMIN açai Add the remaining agave syrup aloe vera aloe vera juice antioxidant rich antioxidants avocado banana ½ cup blend

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from low blender and blend cacao cacao nibs....

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By adding vegan smoothies to your diet, you will consume

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more fruits and veggies per day—whole foods that energize and fuel your body, fight free radicals, boost your immune system, help regulate your digestion, and more. Filling up on plants means you are less likely to

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crave and eat those not-so-good-for-you foods.

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1 cup liquid 1½ cups frozen fruit optional ½ cup softer fruit or veggie or liquid

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(such as room-temperature banana, kiwi, kale, or soy yogurt) $\frac{1}{4}$ to $\frac{1}{2}$ cup ice. When adding leafy greens to a smoothie, I use roughly $\frac{1}{2}$ cup of liquid for every 2 cups of greens to help blend the smoothie. 5.

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They also contain heart-healthy omega-3 fatty acids and belly-filling fiber. Clever Carrots and

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Spice-orange carrots are full of beta-carotene, which helps prevent cancer, arthritis, and...

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Overview. With 100,000 Twitter followers and a blog that receives half a million unique visitors a month, food writer Kathy Patalsky loves sharing her passion for healthy, vegan cuisine. With 365 Vegan Smoothies,

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she makes it possible for everyone to enjoy this daily diet enhancement that is free of animal products (even honey) and the saturated fats, chemicals, and hormones that often accompany them.

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With 365 Vegan Smoothies, she makes it possible for everyone to enjoy this daily diet enhancement that is

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free of animal products (even honey) and the saturated fats, chemicals, and hormones that often accompany them. From her frosty sweet "Peach Pick-Me-Up" to green smoothies such as her revitalizing "Green

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Health With Energy, "A Rainbowl Of Fruits And Veggies" Pataalsky's innovative smoothie recipes are built around themes such as brain boosters, weight loss, healthy digestion, and detoxification. She also includes mood tamers ...

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with matcha and others with some coffee), and this is really helping me with my eating goals. 10 ;

Check My Cream

Our final vegan energy boosting smoothie, is a

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beautiful beetroot and berry smoothie. This cheeky smoothie is positively packed with antioxidants, folate and vitamins A, C and E. And if you happen to be a breastfeeding mum, then the rolled oats will provide a

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welcome boost to your milk production. So vegan, So What?

4 vegan power smoothies to boost your energy in the morning

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Top 10 Smoothies and Drinks That Boost Your Metabolism

365 Vegan smoothies boost your health with a rainbow of Fruits and Veggies. By W B, Sr. nly a few generations

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ago, a cookbook composed exclusively of smoothies might have raised eyebrows.

This is not because smoothies were a complete novelty; indeed, they had emerged as a “health drink” in the 1930s, when juice

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