

Download My Smoothie Recipe Journal Recipes

Of all the No Sugar Challenge Smoothie recipes I've done so far, this clean eating cinnamon apple smoothie recipe is by far my favorite. It's light and refreshing with just enough sweet from the apple to make it enjoyable. Blending up a handful of greens may seem a lot like slurping up grass. However, there are plenty of smoothie recipes that seamlessly integrate produce to the point of invisibility. Ditch your expensive juice bar bills and try one of these green smoothie recipes at home — we promise you'll actually love them. Our Favorite Homemade Dog Food Recipes. We've written up some of our favorite dog food recipes to share with you. To jump to a recipe you're interested in, click on the link below., My Smoothie Recipe Journal Recipes.

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