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Smoothies 6 Kale and Pear Green Smoothie 1 cup (180 g) green grapes 1 orange, peeled 1/2 Bartlett pear 1 banana, fresh or frozen 1 cup (70 g) kale 1/2 cup (120 ml) water 2 cups (480 ml) ice cubes 1. Place all ingredients into the Vita-Mix container and secure two-part lid. 2. Select VARIABLE, Speed #1. 3.

Green Smoothie Recipes - Raw Blend

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THE SUPER SMOOTHIE COLLECTION - FIAFitnation

Eating Well Favorite Smoothie Recipes TM. ... Heart Health Diabetes Weight Loss Gluten Free This green smoothie is packed with grapes, spinach, green tea and avocado. A touch of honey adds sweetness. 3 cups frozen white grapes 2 packed cups baby spinach 1/21 cups strong brewed green tea

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