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By Tess Masters

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'super simple very green soup the full helping

June 7th, 2020 - 1 tablespoon olive oil 1 white or yellow onion chopped 2 3 cloves garlic minced 2 3 teaspoons minced ginger to taste 2 medium yellow or yukon gold potatoes peeled and roughly chopped about 3 4 1 pound 1 teaspoon salt 4 cups low sodium vegetable broth 2 heaping cups broccoli stems or florets or chopped asparagus chopped baby bok choy or roughly chopped zucchini 4 cups tightly packed

'10 super ingredients for healthier smoothies activebeat

June 4th, 2020 - smoothies can provide a healthy breakfast or snack if they pack super mineral antioxidant or vitamin ingredients like these sure we know the following smoothie super foods don't necessarily taste that good on their own but blended with yogurt almond milk fruits and veggies they sure taste smooth related topics ads healthy foodssuperfoods and fruitsketo'

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'dinner in minutes 15 soup recipes you can brit co

June 7th, 2020 - hosting dinner parties is a great opportunity to catch up with friends share your great recipes and drink wine being the hostess you sometimes watch all your guests enjoy themselves while you are stressing out in the kitchen cooking and cleaning none of us want to host a dinner party if it goes that direction with these 15 soups that can be made in a blender you will spend less time"the blender girl cookbook vegan amp gluten free recipes

June 6th, 2020 - the blender girl cookbook published by ten speed press contains 100 gluten free vegan dairy free and egg free recipes you can make in your blender recipes include smoothies cocktails soups appetizers dinner recipes and desserts many of the recipes are also grain free paleo friendly anti inflammatory low carb and alkaline"kale smoothie recipe super easy amp delicious

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