



**Smoothie Recipes - Blueberry Smoothie Recipes  
for Weight loss and Body Detoxification - Raw  
food recipes - fruit smoothie recipes - quick and  
easy recipes ... weight control, weight loss  
motivation)**

*Dexter Poin*

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**???30 delicious blueberry smoothies for weight loss and body detoxification???**

**You already know the health benefits of blueberries.  
You already know the health benefits of eating organic  
fresh fruit.**

**It is recipes that you ask for, and it is recipes that I shall give you.**

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**30 delicious recipes in total.**

**All of these recipes are completely NON DAIRY for those who are allergic or are like me and dont believe that dairy products are good for the body.**

- ◆ **10 High carb blueberry smoothie recipes.**
  - ◆ **10 High protein blueberry smoothie recipes.**
  - ◆ **10 Complete meal replacement blueberry recipes.**
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*I have been making smoothies of all kinds for my entire life and I have literally hundreds and hundreds of smoothie recipes that I have created over the years. Most of them are very unusual to the average person but they all taste great. Blueberries have been and will continue to be a staple in my life and also in the smoothies that I have created.*

*Incorporate some of these blueberry smoothie recipes into your daily diet and start to feel and notice a change in your health and well being.*

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**Kids will love all of these delicious smoothie recipes too.**

*All of my smoothie recipes are for everyone of all ages. I just want to give people ideas to use so that they can perfect their very own blend of fruits and vegetables according to what they prefer to eat. These smoothie recipes are just how I like to make them. They are not set in stone and each person can mix and match as they choose to do so. I have plenty of ideas inside of this smoothie recipe book for people to choose from.*

**These do make great kids recipes. The entire family can benefit from and also enjoy these delicious smoothie recipes.**

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*I look forward to talking to you all on the inside!*

*Carpe Diem*

*Dexter*

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#### **Candy Smith:**

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**Michael Clements:**

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