



# **Slim Smoothies: Over 130 Healthy and Energizing Recipes Without All the Calories**

*Donna Pliner Rodnitzky*

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## **Great Taste Without the High Calories!**

Looking for novel and nutritious ways to enrich your diet without adding too many calories or unnecessary fat? Well here you go! This tasty collection of more than 130 ultra-nutritious and energizing low-cal smoothies is the perfect complement to your daily meal plan. Smoothies are inherently healthy, but many include a high calorie count—especially when made with dairy products. Now you can enjoy the refreshing, delicious appeal of a smoothie, but with more healthful ingredients, such as fruit juice, fresh fruit, tofu, and fat-free yogurt. Sleek and simple smoothie recipes include:

- A Beautiful Rind
- Cherry Potter
- Melon Rouge
- Bing in 'Da Noise
- Thin City
- Meet the Pear-ents
- What a Waist!
- Berry Manilow
- Hawaiian De-Lite
- And many more!

With a nutritional analysis for each recipe, these revitalizing and delicious meals-on-the-go are the perfect choice for the calorie-conscious who don't want to sacrifice taste.

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