



**Smoothies for Diabetics: Over 125 Quick & Easy  
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Recipes full of Antioxidants & Phytochemicals  
(Natural Weight Loss Transformation) (Volume  
100)**

*Don Orwell*

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*Don Orwell*

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Don Orwell

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Smoothies for Diabetics - **eighth edition**, contains over 125 Superfoods Smoothie recipes created with 100% Superfoods ingredients. No soy milk, no cows milk, no artificial flavors, only 100% natural Superfoods that deliver astonishing amounts of antioxidants, essential fatty acids (like omega-3), minerals, vitamins, and more. Superfoods Fruits in these Smoothies are carefully selected for Diabetics with diabetes type-2. More than 90% of recipes are Vegan. Superfoods are foods and the medicine and they offer tremendous dietary and healing potential. Superfoods slow aging, boost immunity, energize and detoxify.

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