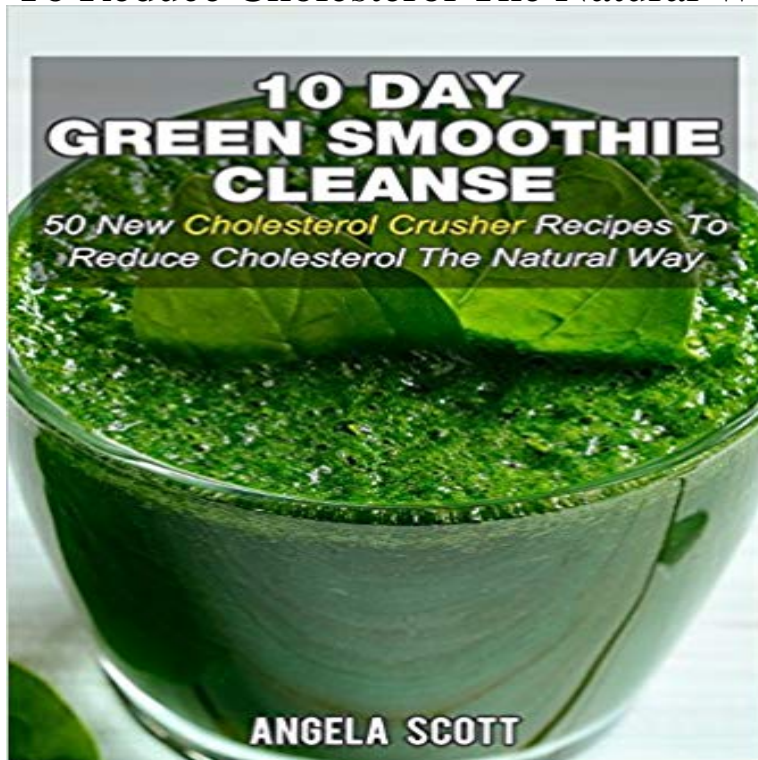


10 Day Green Smoothie Cleanse: 50 New Cholesterol Crusher Recipes To Reduce Cholesterol The Natural Way



Pomegranate Berry Smoothie Ingredients
1/2 cup water 1/2 cup nonfat cottage cheese
1 cup pomegranate juice 1 medium banana
2 cups frozen mixed berries 2 cups ice (if
using fresh berries) Instructions 1. Place
all ingredients into the blender and secure
lid. 2. For Blendtec: Press the SMOOTHIE
button 3. For Vitamix: Select VARIABLE
speed #1. Turn machine on and slowly
increase speed to VARIABLE speed #10
then flip to high. Blend for 45 seconds or
until desired consistency is reached. Grab
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