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Smoothies for Diabetics: Over 100 Quick Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants Phytochemicals (Natural Weight Loss Transformation) (Volume 100)

Don Orwell

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0 of 0 people found the following review helpful. Smoothies, yes. But probably not for most diabetics.By Bryan E ThurstonThere is no doubt these recipes are tasty and healthy... for anyone except a diabetic! Anyone who has ever made smoothies knows how to pack them with fruit. Mangoes, oranges and berries for diabetics? Seriously? These lead to sharp spikes in blood sugar. I bought this book with hopes of making smoothies without adding ingredients that I need to avoid. While there are a handful of recipes in this book that will work for me, the vast majority are just smoothie recipes. Period. Not "smoothies for diabetics".

How Can You Go Wrong With 100% Superfoods Smoothies? Smoothies for Diabetics - fourth edition, contains over 100 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. Would You Like To Know More? Download and start getting healthier today. Scroll to the top of the page and select the buy button.