



# Healthy Smoothie Recipes for Diabetes 2nd Edition

*Dr. Elizabeth Wan*

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# **Healthy Smoothie Recipes for Diabetes 2nd Edition**

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## **Healthy Smoothie Recipes for Diabetes 2nd Edition Dr. Elizabeth Wan**

Healthy Smoothie Recipes for Diabetes 2nd Edition teaches you how to develop smoothie recipes for natural diabetes treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat diabetes naturally. Healthy Smoothie Recipes for Diabetes 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious diabetes smoothies.



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