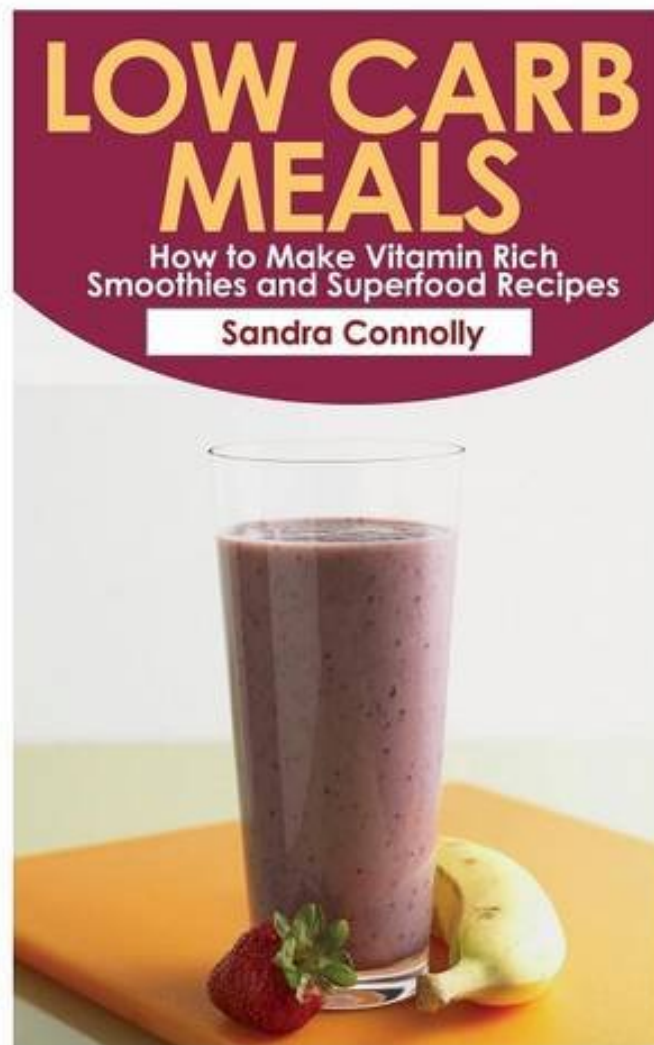


# Low Carb Meals: How to Make Vitamin Rich Smoothies and Superfood Recipes

*Sandra Connolly*

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**Low Carb Meals: How to Make Vitamin Rich Smoothies and Superfood Recipes** Discover a great way to stay on your low carb diet with tasty, easy-to-make smoothies. Recipes that are packed with vitamins, minerals, amino acids, and fiber, will make you feel refreshed and energetic. Find out how you can blend your own fresh ingredients and toss out those advertised powder mixes. With no preservatives or additive, you know that nothing but low carb and high protein will be rushing toward every part of your body. Find the secret to making the best green smoothies that are thick enough to eat with a spoon, and be a low carb meal, in itself. Creative flavours that come from zucchini and oranges, with a touch of almond, will make you wonder why this drink hasn't been marketed. If you are new to tofu, these luscious recipes will show you how the texture can be perfect for making a shake or rich, creamy smoothie, with fruits, vegetables, or a combination of both.