



# **10 Dias Limpeza Smoothie Verde 50 Novas Receitas Aniquiladoras do Colesterol (Portuguese Edition)**

*The Blokehead*

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*Smoothie Romã Bagas*

### Ingredientes

- 1/2 Chávena água
- 1/2 Chávena de requeijão magro
- 1 Chávena de sumo de romã
- 1 Banana média
- 2 Chávenas de frutos silvestres congelados
- 2 Chávenas de gelo (se usar frutos silvestres frescos)

### Preparação

1. Coloque todos os ingredientes no liquidificador e enganche a tampa.
2. Para o liquidificador Blendtec: Prima o botão SMOOTHIE
3. Para o liquidificador Vitamix: Selecione VARIABLE velocidade #1. Ligue a máquina e aumente devagar a velocidade para VARIABLE velocidade #10 e então selecione para HIGH. Bata por 45 segundos ou até alcançar a consistência desejada.

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