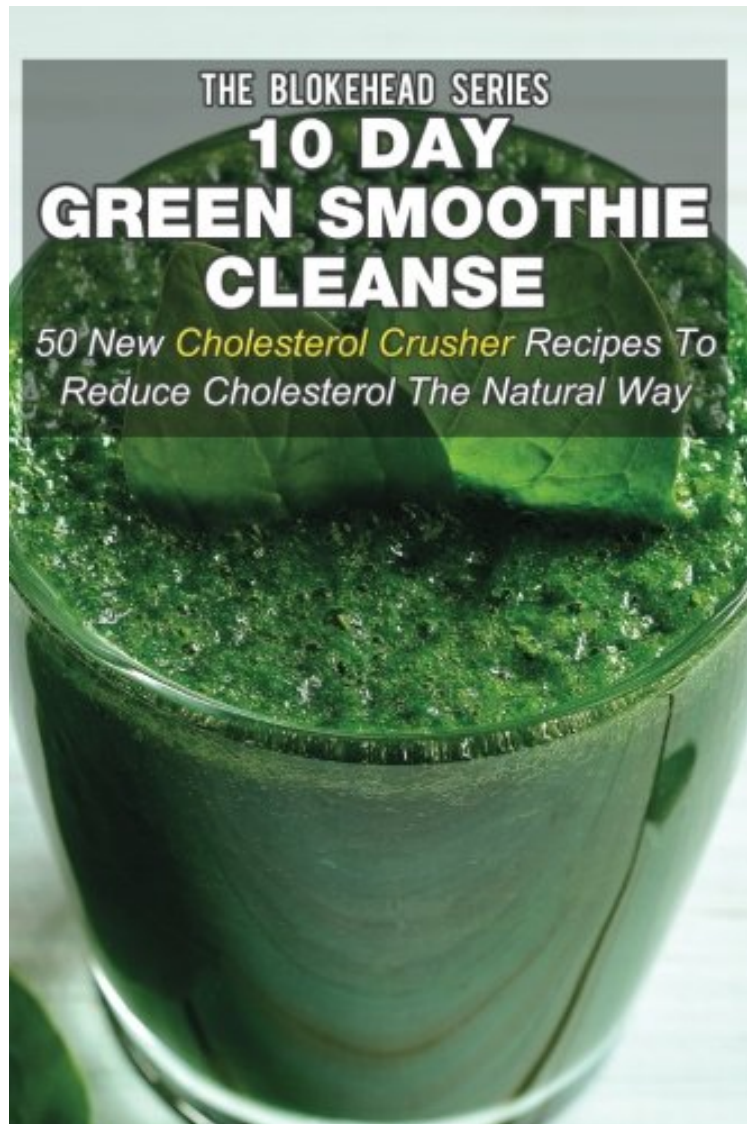


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## 10 Day Green Smoothie Cleanse: 50 New Cholesterol Crusher Recipes To Reduce Cholesterol The Natural Way (The Blokehead Success Series)

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## Cholesterol The Natural Way (The Blokehead Success Series):

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 the book for more recipes !

About the Author The Blokehead is an extensive series of instructional/how to books which are intended to present quick and easy to use guides for readers