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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Best Recipes: Pineapple Delight Smoothie

By Donna Monday

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Directions

In a blender, combine milk, frozen bananas, pineapple and honey. Blend until smooth.

<http://www.1st-milkshake-n-smoothie-recipes.com>

Smooth Refreshing Smoothies

By Donna Monday

Smoothies will give you a real energy boost and are healthier for you than cola or soda.

Here is a sample of the kinds of smoothie recipes you will see:

Banana Creamsicle Smoothie - with bananas and orange juice

Blueberry Pineapple Smoothie - with blueberries and pineapple orange juice

Chocolate Raspberry Smoothie - with raspberries and chocolate syrup

Virgin Margarita Smoothie - with lime jello and pineapple

Mango Smoothie - with fresh peaches and mango chunks

Classic Peanut Butter Smoothie - with bananas and creamy peanut butter

Best Recipes: Pineapple Delight Smoothie

Strawberry Pear and Peach Smoothie - with fresh strawberries, peaches and pears

Honey Tofu Smoothie - with bananas, tofu and honey

Hawaiian Holiday Smoothie - with peach mango tofu and pineapple

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Donna Monday is a contribution author at:

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