



LowCarb Somer Smoothies

LowCarb Kombuis Gratis Resepteblyd #05 © Die LowCarb Kombuis • Lowcarbresepte@gmail.com • ☎ 061 518 0246

Aarbeie Kaaskoek Smoothie

50 g aarbeie

30 g roomkaas

60 ml room

60 ml aarbeie koeldrank, voorberei

2.5 ml vanilla geursel

5 ml klapper olie

Plaas al die bestanddele en ys in 'n smoothie maker en verwerk tot glad en romerig. Bedien dadelik.

Rooi Smoothie

25 g frambose

25 g aarbeie

25 g tamatie, afgeskil

10 g rooi kool, gekerf

60 ml water

Plaas al die bestanddele en ys in 'n smoothie maker en verwerk tot glad en romerig. Bedien dadelik.

Sitrus Smoothie

½ lemoen, afgeskil en ontpit

100 ml room en 100 ml water

30 ml kollageen poeier, opsioneel

30 ml lynsaad

5-10 ml lemoengeursel

15 ml xylitol/erythritol, of na smaak

15 ml klapper olie

Plaas al die bestanddele en ys in 'n smoothie maker en verwerk tot glad en romerig. Bedien dadelik.

Groenment Smoothie

½ avokado

50 g spinasie

25 g blaarslaai

30 g vars ment

100 ml room en 100 ml melk

15 ml xylitol/erythritol, of na smaak

Plaas al die bestanddele en ys in 'n smoothie maker en verwerk tot glad en romerig. Bedien dadelik.

Geurige Groen "Slaai" Smoothie

125 ml water

50 g tamatie, geskil

20 g vars pietersiellie

30 g spinasie

½ jalapeno rissie, ontpit

30 g komkommer

30 g kool

30 ml suurlemoen sap

30 ml sonneblom saad

Plaas al die bestanddele en ys in 'n smoothie maker en verwerk tot glad en romerig. Bedien dadelik.

Oggend Energie Smoothie

Meeste van ons voel maar lam en tam in die oggend – hierdie Smoothie bevat papaja en goji bessies vir 'n vinnige wakkerword.

50 g spinasie

½ avokado

30 g papaja

15 ml goji bessies

250 ml water/suikervrye koeldrank

Plaas al die bestanddele en ys in 'n smoothie maker en verwerk tot glad en romerig. Bedien dadelik.

LowCarb Smoothies – Nou Beskikbaar!

Die resepte in hierdie Resepteblyd is afkomstig uit die opwindende nuwe LowCarb Smoothie Resepte eBoek. Hierdie boek wys dat LowCarbers (diabete en verslankers) ook Smoothies met afsonder vrugte kan geniet! Nie een van die Smoothie Resepte in hierdie eBoek bevat meer as 10g Net Carbs per porsie nie, wat dit geskik maak vir 'n LowCarb Dieet. Met 'n volledige inleiding oor Smoothies en Smoothie-bestanddele, wenke vir die beste Smoothies en 'n versameling heerlike Smoothie-Resepte – van vrugte, groente, sjokolade, melktert en caramel, tot gesondheid Smoothies. Elke resep bevat 'n volledige voedingsanalise.

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Lowcarb Smoothies

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help you take charge of your health then this is the book for you Buy now to discover the wonderful world of smoothies today

Protein Power Smoothies Heather DiBiasi,2023-12-05 Ditch the sugar overload smoothies and make these 75 delicious nutritious high protein low carb smoothies that support muscle tissue weight management and a healthy metabolism Smoothies are often touted as healthy snacks or quick meals However most smoothies are anything but Blend together a banana dates more fruit processed almond milk maybe some protein powder and a handful of kale and you don t have a healthy drink You ve got a sugar bomb with a few vitamins that tops 100 carbs and has preservatives and inflammatory ingredients to boot Smoothies can help you balance your weight and augment your nutrition but they need to be made the right way Protein Power Smoothies gives you the low down on how to construct yummy yet healthy smoothies that are high in protein and low in carbohydrates Heather DiBiasi registered dietician and creator of the popular Instagram handle LowCarb Nutrition creates these and more delicious options Coconut Blueberry Lemon Tart Matcha Mango Madness Pink Raspberry Lemonade Chia Spice Carrot Cake Chocolate Hazelnut Almond Cookie Salted Caramel Rainbow Cookie Cookie Monster PB J Parfait Key Lime Pie Pina Colada Whether you are trying to implement a sustainable low carb lifestyle efficiently burn fat or augment your nutrition Power Protein Smoothies is your secret weapon **Keto Smoothie Recipes**

Ketoveo,2019-05-15 Enjoy delicious and healthy low carb smoothies and shakes that are fully keto friendly *Low-Carb Breakfast Smoothie Recipe Book* Conchita Stanford,2021-07-03 Are you on keto diet and looking for fresh and delicious low carb breakfast smoothie recipes This book is for you FULL COLOR EDITION Delicious Smoothie Recipes for Weight Loss Health and Long Lasting Energy Start your day with the perfect smoothie 55 ideas for tasty low carb smoothies that will keep you full for a long time while maintaining the perfect energy level Let s start **Juicing / Smoothies Low Carb Recipes**

Lisa Shea,2014-01-15 We know the value of eating fresh healthy food We know how wonderful it is to pluck a fresh apple off a tree and to eat it without pesticides without processing and without added sugar The philosophy of juicing and smoothies is to appreciate those natural flavors that exist all around us Draw in the bounty of the nutrients and fiber that our world provides for our sustenance It s good both to incorporate natural foods into your daily diet and also to occasionally do a cleanse A cleanse allows your body to free itself of allergens and toxins and to start fresh It s like rebooting your computer to cleanse out any memory issues which may have cropped up Version Note This is an early release of this smoothie juicing ebook It currently has 19 recipes in it Please email me and let me know your favorite fruits and veggies I will then create custom recipes using those flavors I ll both email them to you and add them to the book **Low-Carb Smoothies** Donna Pliner Rodnitzky,2010-04-28 Watching your carbs Look inside for more than 135 fabulous recipes for frosty drinks so delicious it s hard to believe they re legal If you re a committed carbohydrate counter or a calorie conscious eater you can reclaim the pleasure of sipping a yummy nutritious smoothie Donna Pliner Rodnitzky a proven master at whipping up palate pleasing glassfuls presents a host of great tasting sin free delights In Low Carb Smoothies you ll learn how to transform a

carb and calorie laden smoothie into a guiltless treat by replacing forbidden ingredients with intensely flavored sugar free syrups low glycemic fruits and protein powders Get tips on how to find the best fruit and the basic equipment you ll need to create low carb smoothie perfection With both low carb and ultra low carb options you ll find recipes to suit every phase of your diet whether you re on the most stringent plan or in a less restrictive maintenance phase All the recipes minimize the carb count and maximize taste Discover too a host of ideas for low carb garnishes from strawberry fans to carb friendly peanut butter cookies to make your smoothies not only taste great but look great A smoothie is the perfect treat to serve your guests at the end of a meal or as a midday refresher they ll never know it s diet friendly Choose from a host of delectable recipes including Huckle berry Thin Blueberry Chill Coconut CarbBuster Raspberry Tornado South Peach to Diet For Raspberry Chocolate Espresso Chocolate Almond Bar Smoothie Peanut Butter Cup Happily Ever Apple And more

Low-Carb Smoothies Linda Gassenheimer,2004-07-01 Contains 50 smoothie recipes all with fewer than 7 grams of carbs Each recipe card features ingredients a shopping list directions helpful hints and complete nutritional information

Low-Sugar Low-Carb Smoothie Bowls Elena Garcia,2020-03-24 Low Sugar Low Carb Smoothie Bowls Easy Tasty Breakfast Snack Recipes for a Healthy Lifestyle Natural Weight Loss Over 30 Low Carb Low Smoothie Recipes that actually taste good East to make healthy nutritious and delicious 100% plant based vegan friendly 100% lactose free 100% gluten free easy to find ingredients rich in alkaline minerals such as Magnesium to help you stay energized vitamins to keep your immune system strong and healthy The best part Easy to make even on a busy schedule No fancy equipment needed Here s Exactly What You Will Discover Inside Low Sugar Low Carb Food Lists More Superfoods and Herbs to Spice It Up Natural Sweeteners and Supplements Optional Healthy Fats Why Low Carb Low Sugar Smoothies How Can They Help You Over 60 Delicious Low Carb Smoothie Recipes You Can Make Quickly Easily and Inexpensively Order your copy now and discover how easy it is to live a healthy low carb lifestyle

Low-Carb Smoothies Dana Carpender,2005 Smoothies are one of the most popular food trends of the past decade they are healthy meal replacements and easy on the go snacks The problem is that most are high in carbs Not anymore Dana Carpender gives 50 all new recipes for smoothies along with beautiful full colour photos in this one of a kind book Dana s fans will love it and the millions of people on low carb diets will welcome the chance to take their blenders out of the cupboard to make delicious milkshake alternatives Some of the recipes include Peaches n Cream Smoothie Chocolate Drinkable Yoghurt Cantaloupe Cooler Razzleberry Smoothie Peachy Lemon Yummy

Low Carb Smoothies Linda Stevens,2015-07-23 ENJOY OVER 80 MOUTH WATERING LOW CARB SMOOTHIES FOR EXTREME WEIGHT LOSS STARTING TODAY Even the healthiest smoothies can be loaded with as many as 40 50 or 60 grams of sugar per serving YIKES Each smoothie in this book has been carefully designed to contain less than 15 grams net carbohydrates per serving They are infinitely a lot healthier than buying smoothies at your local smoothie places stores or even online Most of these smoothies also contain some type of healthy fat which in itself is a great addition to a typical day on

the low carb diet Introducing low carb smoothies to your routine is one of the best and versatile ways to improve your health Not only are they quick and easy to make but they also contain vast amounts of vitamins minerals phytonutrients and fiber It can be quite difficult to get all your servings of fruits and vegetables on a daily basis Smoothies provide us with an optimal way to consume the recommended number of servings of fruits and vegetables and load up on antioxidants and other cancer fighting agents at the same time Smoothies are not a universally healthy option Simply blending your breakfast doesn't ensure you've made a healthy choice Smoothies high in processed sugars and fats can be just as bad as processed bread and sweetened breakfast cereals Many common smoothie recipes fall into this trap by including fruit juices sweetened yogurts and processed honeys This book describes low carb smoothies for the active and health conscious individual They are delicious satisfying and will provide you with energy all day long They are also rich in various superfoods such as kale spinach berries nuts and seeds You will be amazed how different you will feel after just one week of implementing these healthy treats into your daily routine **SCROLL UP AND CLICK BUY TO ORDER YOUR COPY INSTANTLY**

Low Carb Meals: How to Make Vitamin Rich Smoothies and Superfood Recipes Sandra Connolly, 2017-05-15 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 **Healthy Keto Smoothies** Sophia Young, 2021-04-30 Get Your Copies TODAY for 34.95 instead of 44.99 55% OFF Limited Offer Your Customers Will Never Stop to Use this Awesome Diet Book Whether you want to detox lose weight or just make sure you get your daily dose of essential vitamins and minerals drinking a smoothie is a tasty way to boost your health With over 50 mouth watering recipes The Healthy Keto Smoothie and shakes Cookbook makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables Fill your glass with vitamins that suit your needs and taste how sweet being healthy can be The Healthy Keto Smoothies and Shakes Cookbook contains Strawberry Smoothie Cinnamon Smoothie Paleo Smoothie Lime Strawberry Smoothie Strawberry Shake Cinnamon Shake Strawberry Milkshake Cookies Milkshake Bacon Milkshake And More It uses ingredients that can easily be sourced stored in the fridge or pantry for long periods And most of all the ingredients are wholesome healthy nutritious and packs a lot of flavor To top it off no cooking needed and very minimal prepping Take advantage of this deal and let your customers fall in LOVE with this book **KETO Smoothies & Shakes** KETO Smoothies

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Table of Contents Lowcarb Smoothies

1. Understanding the eBook Lowcarb Smoothies
 - The Rise of Digital Reading Lowcarb Smoothies
 - Advantages of eBooks Over Traditional Books
2. Identifying Lowcarb Smoothies
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Lowcarb Smoothies
 - User-Friendly Interface
4. Exploring eBook Recommendations from Lowcarb Smoothies
 - Personalized Recommendations
 - Lowcarb Smoothies User Reviews and Ratings
 - Lowcarb Smoothies and Bestseller Lists
5. Accessing Lowcarb Smoothies Free and Paid eBooks

- Lowcarb Smoothies Public Domain eBooks
- Lowcarb Smoothies eBook Subscription Services
- Lowcarb Smoothies Budget-Friendly Options
- 6. Navigating Lowcarb Smoothies eBook Formats
 - ePub, PDF, MOBI, and More
 - Lowcarb Smoothies Compatibility with Devices
 - Lowcarb Smoothies Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Lowcarb Smoothies
 - Highlighting and Note-Taking Lowcarb Smoothies
 - Interactive Elements Lowcarb Smoothies
- 8. Staying Engaged with Lowcarb Smoothies
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Lowcarb Smoothies
- 9. Balancing eBooks and Physical Books Lowcarb Smoothies
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Lowcarb Smoothies
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Lowcarb Smoothies
 - Setting Reading Goals Lowcarb Smoothies
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Lowcarb Smoothies
 - Fact-Checking eBook Content of Lowcarb Smoothies
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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