



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

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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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