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Morning paleo smoothie | paleo leap

Morning Paleo Smoothie Recipe. Start with a base of coconut milk, I usually use a whole can. Add plenty of any fruit you d like. I like to use frozen berries.

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Sweet potato smoothie | smoothie recipe | spoon

So with this simple Sweet Potato Smoothie recipe you can use leftover sweet potatoes that were possibly once destined for carb indulging side dishes. Jill says

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