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Fork & Beans

How to MAKE the perfect CANDIDA- FRIENDLY smoothie



Choose your **BASE** (12-16 OZ)

Nondairy milk of choice Water



Choose your **GREENS** (1-2 CUPS)

Kale Spinach Collard Greens Romaine
Swiss Chard 1-2 tsp. Spirulina



Choose your **FAT** (1-2 TBSP)

1/2 avocado coconut or flaxseed oil
almond or sunflower butter



Choose your **LOW SUGAR FRUIT** (1/4 CUP)

strawberries blueberries lime
coconut green apple kiwi



Choose your **THICKENER** (1 TBSP)

chia seeds flaxseed meal 1/2 c. ice
psyllium powder 1/4 c. plain yogurt



Choose your **FLAVORING**

liquid stevia cinnamon vanilla
beans fresh mint ginger nutmeg

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