

# Download Paleo Smoothies 20 Paleo Smoothie Recipes

Winter doesn't seem much like smoothie weather, but when you use the right ingredients, it definitely can be! Our Paleo Ginger Turmeric Smoothie is the perfect combination of sweet, tart, and spicy. Hello! My name is Irena. I cook delicious paleo and gluten-free recipes. Sometimes I eat cheese. And, I certainly enjoy a glass of wine. More about me. Blending up a handful of greens may seem a lot like slurping up grass. However, there are plenty of smoothie recipes that seamlessly integrate produce to the point of invisibility. And when it comes to weight loss, the more greens you can stomach, the better! That's exactly what the best-seller ... Hello! My name is Irena. I cook delicious paleo and gluten-free recipes. Sometimes I eat cheese. And, I certainly enjoy a glass of wine. More about me.