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Nutribullet Recipes for the Control of Diabetes ...

Update! Please see our post on Keto Smoothies for how to formulate low carb, high fat smoothies. Those tend to be good for diabetes, and if you are seeking low fat, simply substitute other liquids for the high fat items. Here is the post: Formulating Low Carb, Keto Smoothies. The post includes info on [...]

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