

# **Dash Diet Recipes: 25 Dash Diet Smoothie Recipes For Weight Loss, Faster Metabolism & Lower Blood Pressure [Kindle Edition] By David Harris**

**By David Harris**

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**Recipes | DASH Diet Eating Plan -**

Why the DASH Diet? Recipes Subscribe. Breakfast. Apple Spice Baked Oatmeal. Applesauce French Toast. 25 Minute Chicken and Broccoli Stir Fry.

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