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Bulletproof Diet Smoothies: 25 Quick And Easy Bulletproof

* I know Dave is not a big fan of bananas because of the fructose but from my recollection in a recent PodCast he mentioned using banana in some of his smoothies (I think he uses 1/2 banana). I love Bananas and at most usually eat 1-2 in a day (not every day) and in smoothies they are just plain awesome.

Bulletproof smoothie recipes â€” Bulletproof Forum

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