

ONE BITE

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Vegan Magazine

Jan / Feb 2020

VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

+ WFPB RECIPES

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

Pomegranate Cranberry Antioxidant Smoothie

INGREDIENTS

- 1 cup cranberries
- ½ cup pom arils
- 1 tsp vanilla
- 1 TBSP pomegranate powder
- 1-2 cup Vegan milk (almond, flax, cashew, etc – add until desired creaminess)

INSTRUCTIONS

1. Add all of the ingredients to your Vitamix or Ninja, and let the magic happen.
2. Add some cute straws and drink up!

By Holly - Pink Fortitude

Are you looking for an antioxidant and immunity boost this winter? This pomegranate cranberry antioxidant smoothie is sweet and fruity and delicious and full of crazy health benefits including antioxidant and immunity support. It's like a big dose of healthy goodness in a sweet smoothie treat.



Holly Bertone —

Holly is a #1 Amazon.com Bestselling Author at pinkfortitude.com. She aims to inspire those in cancer, autoimmune, and chronic illness communities to eat clean and live green. Pink Fortitude is all about inspiring it's followers to live a healthier, happier life with healthy vegan recipes.

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