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Marla jacobs (author of weight watchers recipes

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Peanut butter & banana breakfast smoothie - dash

With the potassium provided by the non-fat milk and the banana in this simple breakfast, this recipe is a DASH Diet dream!

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Dash Recipes. Morning Boost Smoothie. By nikki 01/08/2013. Use frozen fruit in your smoothie instead of fresh! Comment on this recipe. Comment (required)

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Sarah Carter is a health coach and dash diet advocate. Once Struggling with weight and hypertension, she turned to the dash diet which helped her to keep her

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