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GREEN SMOOTHIE RECIPES FOR WEIGHT LOSS (PAPERBACK)



Cooking Genius, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Smoothies are blended drinks usually from fresh fruits and they are called smoothies because once the fresh fruits are blended, they usually have this smooth and thick texture and appearance unlike typical fruit juices. Smoothies are usually considered healthy because they are made from fresh ingredients. They may be blended using fruits most of the time but...

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- Authored by Alston Valerie
- Released at 2013



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