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## Smoothie-licious: Power-Packed Smoothies and Juices the Whole Family Will Love PDF



by Jenna Helwig : **Smoothie-licious: Power-Packed Smoothies and Juices the Whole Family Will Love**

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Description :

PDF-b7a9a | A smoothie might just be the perfect family food: an easy and delicious way to get kids and adults alike to eat more healthfully. A blessing for busy parents, they are whipped up in minutes, perfectly portable, and enjoyed by even the pickiest eaters. In Smoothie-licious, Parents magazine editor Jenna Helwig shows how to make 75 smoothies and whole-fruit juices that are both healthy and delicious. *Smoothie-licious: Power-Packed Smoothies and Juices the Whole Family Will Love*

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