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Super Smoothies: 61 Recipes and 12 Detox Plans PDF



by Fern Green : **Super Smoothies: 61 Recipes and 12 Detox Plans**

ISBN : #0399579354 | Date : 2017-01-17

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PDF-77563 | A fresh collection of more than 60 illustrated recipes for delicious, healthful blended beverages with targeted detox plans and step-by-step instructions for creating custom smoothies. This easy-to-follow and informative guide pares smoothie-making back to its essence. The recipes are presented in highly visual spreads, with each ingredient photographed for at-a-glance instruction.

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