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SMOOTHIE RECIPES FOR WEIGHT LOSS



Speedy Publishing LLC. Paperback. Book Condition: New. Paperback. 50 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Smoothies are blended drinks usually containing a combination of ingredients ranging from fruits, vegetables, nuts, dairy products, etc. These drinks are most often sweet to the taste but could also be bland depending on your preference but the important point is that these drinks are known to be one of the healthiest drink options and even meals nowadays. Smoothies also vary in color but most...

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- Authored by Valerie Alston
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