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## **Blender Recipes 27 Blender Recipes You Can Make With High Sd Blenders**

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### **10 Healthy Smoothies For Weight Loss My Top 3 Weight Loss Smoothie Recipes | How I Lost 40 Lbs Nutri-One Blender Plus with Recipe Book**

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12 Healthy Smoothies 3 EASY SMOOTHIE BOWL RECIPES | VEGAN BREAKFAST IDEAS | thick \u0026amp; creamy Blended Cocktails!

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Best Ever Plant-Based, Whole Foods Green Smoothie

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~~Recipe 3 Healthy Low Sugar Smoothie BlendJet Recipes Best  
Kids Smoothie!~~

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~~HOW TO BUILD THE PERFECT SMOOTHIE | satisfying  
smoothie recipes 5 Smoothie Recipes with a Vitamix  
MrGrayfish's Furniture Mod Update #27—BLENDER,  
TOASTER, AND MORE! WHAT I ATE TO LOSE 30 LBS IN  
12 WEEKS **Glowing Green Smoothie - The Beauty Detox  
by Kimberly Snyder** 10 Common Smoothie Mistakes | What  
NOT to do! 7 Smoothie Freezer Packs | How To Meal Prep |  
A Sweet Pea Chef 8 VITAMIX TIPS, TRICKS AND HACKS /  
you need to know How to Make 'Dirty Juice' in a Vita-Mix  
Vitamix Creations 64 oz. 13-in-1 Variable Speed Blender on  
QVC 3 Healthy Green Smoothies | Healthy Breakfast Ideas  
GREEN SMOOTHIE RECIPE FOR WEIGHT LOSS | Easy~~

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~~u0026 Healthy Breakfast Ideas! Seasonal Apple Smoothie~~  
The Easy Guide On Making Just About Any Smoothie **How to**  
**Make a Green Smoothie in a Vitamix Blender | Video** How  
to Make a Green Smoothie with your Vitamix ~~5 HEALTHY~~  
~~DINNER SMOOTHIES FOR WEIGHT LOSS?~~ How to make a  
Weight Loss Green Smoothie in a Vitamix Blender | Recipe  
Video ~~BEST Green Smoothie Recipe | 5 SIMPLE~~ Ingredients  
BlendJet Immunity Boosting Smoothie Recipe **How to make a**  
**Vegetable Smoothie using a Vitamix Blender | Recipe**  
**Video** Blender Recipes 27 Blender Recipes

The Pioneer Woman Ree Drummond's Smoked Salmon  
Benedict recipe is an easy-to-make dish that can be ready to  
eat in 30 minutes.

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### The Pioneer Woman: Ree Drummond's Smoked Salmon Benedict Is an Easy 30-Minute Brunch Recipe

The margarita is a classic cocktail but these innovative recipes offer new ways to keep cool while socialising this summer.

### 25 Perfect Margarita Recipes to Get You Through the Summer

“Eat Cool” promises “100 Easy, Satisfying, and Refreshing Recipes That Won't Heat Up ... and vegetable broth in a high-powered blender. Blend on low speed until the greens are finely ...

### Beat the heat: Refreshing recipes for mealtime and happy

## Download File PDF Blender Recipes 27 Blender Recipes You Can Make With High hour, too Blenders

Whether mixing smoothies, making baby food, pureeing soups or prepping dinners for the whole week, these are the best blenders on Amazon to rely on for everyday use. And if you're not a daily user, ...

### 13 Of The Best Blenders On Amazon That Just Might Save Your Mornings And Meal Prep

It's a personal blender so won't give you the biggest capacity, but it's a great model for if you're going to be making smoothie recipes or healthy drinks—or even cocktail recipes. One-touch ...

Where to find Ninja blenders on sale

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Here's what you'll need for this simple green smoothie recipe: ice, banana, spinach (or your other greens of choice), avocado, milk, and protein powder. Blend it all together and you have a veggie ...

### 40 Healthy Breakfast Smoothie Recipes For Weight Loss

Recipes like Whipped Frozen Creamsicles and ... A little bit of frozen mango helps thicken the drink naturally in the blender while boosting the juicy flavor of fresh orange juice.

### 27 Easy, Breezy Cocktails You'll Want to Drink All Summer Long

The 64-ounce blending jar is plenty big enough for most recipes. The blender comes with a handy recipe book and a

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tamper to make sure all your ingredients contact the blades. It's also dishwasher ...

### Best blenders of 2021

Place the scallops, egg yolk, cream and brown crab meat in a blender and blend to a fine purée/mousse-like consistency. Transfer to a bowl set over some ice. Add the ginger and white crab meat.

### Crab and scallop tortellini recipe

These three recipes, which you can easily whip up in a blender, are not only nutrient-rich but also offer an alternative to salad as a way to get in a serving or two of veggies on a warm day.



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## Chill Out With Cold Soups This Summer

The longer the almonds soak, the more water they will absorb, allowing them to be more easily broken down by your blender ... almond milk to use in savory recipes, simply add a pinch of salt.

## Homemade Almond Milk

Because the tomatoes are roasted before they go into the soup, this is a great way to use winter tomatoes that might not be as flavorful as those in the peak of summer. But it's even more delicious ...

## RECIPE: Make Vincenza's Pizzeria's Tomato and Basil

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For these White Claw slushie recipes, you'll only need a can of White Claw hard seltzer, fresh or frozen fruit, additional liquor (if you want), and a blender or a processor like a Nutribullet or ...

15 Best White Claw Slushie Recipes To Upgrade Happy Hour  
So we thought we would deliver 14 recipes over the next 14 days counting ... Toss the strawberries in a blender until pureed. The Ninja Professional 72oz blender will have this done in no time.

Countdown to the 4th of July! 14 Recipes in 14 Days That Are Sure To Please: DAY 1

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**How To Make All-Purpose Garlic Chutney Powder:** For this particular recipe, you need garlic, peanuts, red chilli, desiccated coconut, sesame seeds and salt. Dry roast each of the ingredients separately ...

### Vada Pav, Paratha And More: This Garlic Chutney Powder Gives Every Meal A Fiery Makeover (Recipe Inside)

Blend the mixture well. Before serving, layer the mixture with dark chocolate and freeze it for a few hours. Yasmin, who is a huge fan of dark chocolate, has more such recipes up her sleeves. Earlier, ...

### Give Ice Cream A Healthy Twist With Yasmin Karachiwala's 4-Ingredient Recipe

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The drink recipe overall is quite simple ... granulated sugar, and white rum in a blender (make sure you use a blender strong enough to crush ice) along with some ice, and blend until smooth.

### Martha Stewart's 4-Ingredient Strawberry Daiquiris Are The Cocktail Of The Summer

LSU medical students are back on the Nicholls State University campus for a two-week program that gives them a taste of cooking and nutrition skills.

### LSU medical students blend health and cooking skills at Nicholls

With the mango season at its peak, now is the perfect time to

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experiment with some new recipes. Here are some ... sugar and milk into a blender, and blend until you get a smooth, homogenous ...

### 3 easy, refreshing mango recipes for summer

Blend until ice is smooth. Pour frozen whipped lemonade into cocktail glass. Add the optional white liquor. Enjoy! Tried-and-True Lemonade with a Twist If those first two recipes don't excite ...

This is a compilation of 2 blender recipes books includes 27 juicing recipes. You can make these juices with a combination

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of your favorite blender like the Ninja Blender, Nutribullet, Vitamix, or any similar high speed blender and/or your favorite juicer like the Breville juicer or the Green Star Juicer. Juliana will show you how she uses her favorite powerful high speed smoothie makers the Nutribullet (you can use any other high speed blender and/or juicer) to tear through radish, kale, cauliflower, zucchinis, asparagus, berries, ginger, cucumbers, carrots, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries & other juicing fruits and vegetables, transforming them into these delicious juices and vitality elixirs. Juliana keeps healthy nutritious pulp inside the glass. She has the lifestyle of clean drinking and eating down to a science and shows you how you can go into your kitchen, make a high speed blender

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juicing recipe, clean up and be out in most of the cases in about 5 minutes max. She shows you some amazing recipes that are boosting your immune system, restoring your body's natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, loosing some weight and become lean, burning fat, and many health benefits! Applying all of these recipes in combination with her secret morning elixir (which is included in this compilation), a daily consumption of smoothies, and a light nutritious meal plan, Juliana was able to achieve her health & weight loss goals in a very short time. If you, too,

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Want to replace the common and sick making food options with these delicious juicing drink solutions that are tasty, 5 minute easy to make, and that are going to make your body lean and clean, you owe it to yourself to get into juicing. In the first book, you will discover Juliana's Secret Morning Elixir and all the juicing recipes that she followed during her Juicing Diet. She combined juices with smoothies and a light nutritious daily mealplan, and has been able to lose 40 lbs in a period of two months. In the second book called "Juicing Recipes For Vitality & Health," Juliana shows you how applying a combination of these delicious healthy juicing recipes for vitality and health helped beat her breathing and Asthma problems that she has been suffering from for countless years. Inside you will learn what juicing can do for



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your own vitality and health. These are just some of the health benefits that come with a daily juicing habit: Vitality Energy Rejuvenation Weight Loss (Juliana lost 40 lbs in two month with a combination of juicing and drinking smoothies) Anti-Aging Beautiful from the Inside Out Antioxidants Alzheimer's Prevention Asthma Help (Juliana suffered from Asthma for many years and was finally able to get rid of it) Blood Cleanse Arthritis Prevention Bone Protection Cancer Prevention Cervical Cancer Prevention Breast Cancer Prevention Colon Cancer Prevention Liver Cancer Prevention Lung Cancer Prevention Prostate Cancer Prevention Cataracts Prevention Ovarian Cancer Prevention Stomach Cancer Prevention Digestion Detoxification Digestion Heart Disease Prevention Immune System Improving Eyesight

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Improved Complexion Increased Blood Circulation Kidney Cleanse Increased Libido Liver Cleanse Lower Blood Pressure Lower Cholesterol Macular Degeneration Prevention Mental Health Pain Relief Reduce Inflammation Stroke Prevention and an unlimited amount of other health benefits! Juicing is a simple to acquire skill and if you turn this skill into a habit, you will be able to live a healthy, fit, clean, lean, toxin-free and vital life from the inside out and for a very long time. Keep the doctor away & Double Your Life Today..

The first fully tested cookbook for Instant Pot's original Ace Multi-Use Cooking and Beverage Blender offers an indispensable collection of 68 recipes that show how to harness this revolutionary high-speed blender (that also

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cooks) to produce hot soups and stews, mains and sides, dips and spreads, sauces, frozen treats, and more; all without using the stovetop. All of the recipes were developed using Instant Pot's first cooking blender, the Ace Blender. With the introduction of Instant Pot's Ace Plus Blender, we went back and retested our recipes. If you own the Ace Plus you can still make all of the recipes in this book by checking the adjustments found at

[www.americastestkitchen.com/aceblenderbook](http://www.americastestkitchen.com/aceblenderbook). Produce piping-hot butternut squash soup and Mexican chicken soup using the revolutionary "soup" function. Then venture beyond soups to make easy meals such as chicken cacciatore, Indian vegetable curry, and ground beef chili. You'll also find: •  
Treats and frozen desserts like Banana Ice Cream, Grapefruit-

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Elderberry Sorbet, and Dark Chocolate Mousse • Party-ready dips and sauces, including Herbed Spinach Dip, Easy Blender Smoky Tomato and Green Pepper Salsa, Arugula and Ricotta Pesto, and Marinara Sauce • Effortless sides, such as Spicy Zoodles Marinara and Creamy Mashed Cauliflower • Refreshing drinks, from Oat Milk with Ginger and Turmeric to Watermelon-Lime Aguas Frescas and Frozen Margaritas Filled with the best tips and techniques the test kitchen discovered while developing these recipes, this is the book every Ace Blender owner needs to get the most out of this game-changing appliance.

Juicing Recipe Book: 27 Epic Juice & Blender Recipes For Health, Detox, Weight Loss, Energy, Strength & Vitality...You

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Sal Blenders can make these juices with a combination of your favorite blenders like the Ninja Blender, Nutribullet, Vitamix, or any similar high-speed blender and/or your favorite juicers like the Breville juicer or the Green Star Juicer. Juliana will show you how she uses her favorite powerful hi-speed smoothie makers the Nutribullet (you can use any other high speed blender and/or juicer) to tear through radish, kale, cauliflower, zucchinis, asparagus, berries, ginger, cucumbers, carrots, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries & other juicing fruits and vegetables, transforming them into these delicious juices and vitality elixirs. Juliana keeps healthy nutritious pulp inside the glass. She has the lifestyle of clean drinking and eating down to a science and shows you how you can go into your

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Blenders kitchen, make a high-speed blender juicing recipe, clean up and be out in most of the cases in about 5 minutes max. She shows you some amazing recipes that are boosting your immune system, restoring your body's natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer-fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing some weight and become lean, burning fat, and many health benefits! Applying all of these recipes in combination with her secret morning elixir (which is included in this compilation), a daily consumption of smoothies, and a light nutritious meal plan, Juliana was able to achieve her health & weight loss goals in

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**Sublime** a very short time. If you, too, want to replace the common and sick-making food options with these delicious juicing drink solutions that are tasty, 5 minutes easy to make, and that is going to make your body lean and clean, you owe it to yourself to get into juicing. In the first book, you will discover Juliana's Secret Morning Elixir and all the juicing recipes that she followed during her Juicing Diet. She combined juices with smoothies and a light nutritious daily meal plans and has been able to lose 40 lbs in a period of two months. She shows how applying a combination of these delicious healthy juicing recipes for vitality and health helped beat her breathing and Asthma problems that she has been suffering from for countless years. Inside you will learn what juicing can do for your own vitality and health. These are just some of the

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health benefits that come with a daily juicing habit: Vitality  
Energy Rejuvenation Weight Loss (Juliana lost 40 lbs in two  
months with a combination of juicing and drinking smoothies)  
Anti-Aging Beautiful from the Inside Out Antioxidants  
Alzheimer's Prevention Asthma Help (Juliana suffered from  
Asthma for many years and was finally able to get rid of it)  
Blood Cleanse Arthritis Prevention Bone Protection Cancer  
Prevention Cervical Cancer Prevention Breast Cancer  
Prevention Colon Cancer Prevention Liver Cancer Prevention  
Lung Cancer Prevention Prostate Cancer Prevention  
Cataracts Prevention Ovarian Cancer Prevention Stomach  
Cancer Prevention Digestion Detoxification Digestion Heart  
Disease Prevention Immune System Improving Eyesight  
Improved Complexion Increased Blood Circulation Kidney



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Cleanse Increased Libido Liver Cleanse Lower Blood Pressure Lower Cholesterol Macular Degeneration Prevention Mental Health Pain Relief Reduce Inflammation Stroke Prevention and an unlimited amount of other health benefits! Juicing is a simple to acquire skill and if you turn this skill into a habit, you will be able to live a healthy, fit, clean, lean, toxin-free and vital life from the inside out. Keep the doctor away & Double Your Health & Happiness Today...

This is a 2 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 2 titles: Book 1: 16 Blender Recipes For Smoothie Diet & Detox Diet Book 2: Smoothies Are Just Like You! When Juliana got started with smoothies, she was able to shed 20 pounds during a period

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of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious and satisfying drinks into a way of life. Combining smoothies and a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing and Asthma problems at the same time.

Consuming a combination of these fruit smoothies and vegetable smoothies will help your body get rid of sick making toxins, boost your vitality and energy, get rid of nasty body conditions like Asthma, rejuvenate your body, provide your body with a natural immune system, detoxify and clean your body, turn your body into a lean body, shed pounds, and more. Inside you'll get: \* Purple Power Booster \* Mango/Papaya Protein Booster \* Strawberry N'Creams and

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many more... These tasty & unique 5 minute quick & no-fail recipes are going to transform your body into a healthy, toxin free, lean and clean body in a truly satisfying way.

"Smoothies Are Like You" is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational and rhyming way! In the end you'll know exactly why Smoothies are like you! Live a happy & healthy lifestyle and double your life today...

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This is a 2 In 1 box set compilation of 3 books. This compilation includes Juliana Baldec's 2 titles: Book 1: Clean Eating Book 2: Smoothies Are Just Like You! Book 1: When Juliana got started with smoothies, she was able to shed 20 pounds during a period of 2 month. Since then she has been able to keep that weight off. Her secret: She turned these nutritious & satisfying drinks into a way of life. Combining smoothies, juices, her secret morning elixir (included) & a light meal plan has helped her not only lose 20 pounds within 60 days, but she was also been able to get rid of her nasty breathing & Asthma problems at the same time. People who have achieved similar results like Baldec by consuming smoothies, juices and an apple cider vinegar honey morning elixir in combination with a light daily meal plan all agree. This

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is the most natural way to nourish your body & brain while getting amazing results. Inside you will find the same recipes that helped Juliana achieve these results: \* Nutri Blaster \* Nature's Candy \* Kefir Peanut Butter Smoothie \* Hazel Banana Vanilla Walnut Cream Smoothie \* Vanilla Smoothie Delight and many more... you can choose from 46 scrumptious tasting recipes! Book 2: "Smoothies Are Like You" is an extremely fun, quick & easy to read little rhyming book about the amazing Smoothie Lifestyle. It is for everyone no matter if you are looking for information about the Smoothie diet for beginners or if you are an advanced Smoothie consumer. This inspirational smoothie poem a day book will cheer you up and keep you motivated to stick to this happy & healthy smoothie lifestyle in a fun, inspirational and

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rhyming way! In the end you'll know exactly why Smoothies are like you! Live a happy & healthy lifestyle and double your life today...

"100 gluten-free, vegan recipes"--Cover.

A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional add-ons for every recipe. The Blender Girl takes smoothies to the next level in this comprehensive guide, helping you blast your way to good health and blended bliss. These 100 creative and delicious recipes are designed to fit your every need, whether you want to detox, lose a few pounds, get energized, or guard against

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seasonal colds. Each smoothie has three optional boosters (like chia seeds, ginger, coconut oil, or wheat grass) that allow you to ramp up flavor, nutrient value, or both. Featuring gorgeous photography throughout, a smoothie pantry that demystifies unusual ingredients, icons to identify smoothies that fit your particular dietary needs, and strategies for achieving smoothie success, this accessible handbook makes it fun and easy to find your perfect blend.

Online phenomenon The Blender Girl offers up 100 recipes for healthy living with tasty, crowd-pleasing dishes to help boost nutrition for every meal of the day. The Perfect Blend functions not only as a cookbook but also as a guide for how to lead a more vibrant and healthy life. Blogging powerhouse

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Tess Masters lays out a dozen healthy goals for readers, including gaining energy, boosting immunity, reducing inflammation, detoxing the body, and probiotic power. Then Masters offers easy-to-follow recipes for smoothies, elixirs, snacks, salads, sides, soups, mains, and desserts that help you reach these goals and get results fast. Including a guide to key ingredients, an extensive resources section, and optional nutritional boosters for each recipe, *The Perfect Blend* will help you find your own perfect blend and leave you feeling energized and revitalized.

You'll be amazed at what your blender can do for you! Blenders are the "it" accessory, mostly because smoothies are healthy and quick. Sure, but did you know you can also



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whiz up a mean burger—salmon, veggie, turkey, even beef—in a blender? Your blender is that good! Brownies, pancakes, slaws . . . there are so many things you can make easily and quickly. Not only that, but blending offers the perfect opportunity to sneak in some extra nutrition: Black beans in your chocolate cake? Carrots in your tomato sauce? Or a quick pulse of cauliflower that can stand in for cream in sauces and soups? A handy chart suggests ways to boost nutrition in recipes that you and your family will embrace. If a high-performance blender is already on your counter, this book is its obvious companion. Save money, eat healthier, and get dinner on the table in a jiffy with *The Ultimate Blender Cookbook*.

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We know the value of eating fresh, healthy food. We know how wonderful it is to pluck a fresh apple off a tree and to eat it without pesticides, without processing, and without added sugar. The philosophy of juicing and smoothies is to appreciate those natural flavors that exist all around us. Draw in the bounty of the nutrients and fiber that our world provides for our sustenance. It's good both to incorporate natural foods into your daily diet and also to occasionally do a cleanse. A cleanse allows your body to free itself of allergens and toxins and to start fresh. It's like rebooting your computer to cleanse out any memory issues which may have cropped up. Version Note: This is an early release of this smoothie / juicing ebook. It currently has 17 recipes in it. Please email me and let me know your favorite fruits and veggies. I will then create

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