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The complete guide to creating green juice and

Being healthy means including green juice or smoothies into a healthy balanced life including a healthy eating plan, (or Unsweetened Almond Milk or DAMY Green Juice)

Shakes - shopcom

Top Secret Recipes : Sodas, Smoothies, Spirits, & Shakes : Healing Juicing, Smoothie and Milk Shake Recipes : by Ijose, Adetutu

Basic fruit smoothie recipe - allrecipes.com

Dec 06, 2003 "This is a great smoothie consisting of fruit, fruit juice and ice. Another possibility is making it with milk instead of water,

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Serves 1. Ingredients 1 cup firmly packed chopped red chard, including stems of 1 cup cooked red beets 1/2 cup almond milk 1/2 cup apple juice 1 teaspoon pure vanilla

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Orange smoothie recipe - allrecipes.com

Jun 07, 2005 In a blender, combine orange juice concentrate, milk, water, vanilla, sugar and ice. Homemade, yet reminiscent of a famous orange smoothie.

Healing meals recipes: meals that help the body

Healing Meals Recipes: Meals That Help the Body Achieve Its Self Healing Process: Amazon.it: Adetutu Ijose: Healing Juicing, Smoothie and Milk Shake Recipes and

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