

A glass of yellow smoothie with a lemon slice garnish. The background is a soft-focus green and yellow.

smoothies

50 RECIPES
FOR HIGH-ENERGY
REFRESHMENT

MARY CORPENING BARBER, SARA CORPENING,
AND LORI LYN NARLOCK
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50 Energy High Recipe Refreshment Smoothie

H Kauffman



50 Energy High Recipe Refreshment Smoothie:

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