

A glass of yellow smoothie with a lemon slice garnish. The smoothie is a vibrant yellow color, and the lemon slice is a bright yellow with a green rind. The background is a soft, out-of-focus green and white.

smoothies

50 RECIPES
FOR HIGH-ENERGY
REFRESHMENT

MARY CORPENING BARBER, SARA CORPENING,
AND LORI LYN NARLOCK
PHOTOGRAPHS BY AMY NEUNSINGER

50 Energy High Recipe Refreshment Smoothie

Jessica J Manson



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