

A vibrant yellow smoothie is served in a clear glass, garnished with a fresh slice of lemon. The background is a soft, out-of-focus green and white, suggesting a bright, natural setting. The word "smoothies" is written across the middle of the image in a large, multi-colored font.

smoothies

50 RECIPES
FOR HIGH-ENERGY
REFRESHMENT

MARY CORPENING BARBER, SARA CORPENING,
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50 Energy High Recipe Refreshment Smoothie

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