

<<(5分钟学会做奶昔)5 MINUTE >>

图书基本信息

书名：<<(5分钟学会做奶昔)5 MINUTE SMOOTHIES KIT>>

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内容概要

Get the low-down on how to create a variety of tasty, satisfying, and all-natural smoothies that can boost your stamina, combat stress, or just delight your taste buds! Includes grater/zester, swizzle sticks, and straws.

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书籍目录

WHAT ARE SMOOTHIES? ALL JUICED UP FRUIT CHOICES DAIRY AND ALTERNATIVES RECIPES FOR HEALTH AND VITALITY  
Cleansing/Instant Energizer Bone Builder/Cold Comfort Immune Booster/Tranquility Blend  
The Waist Watcher/The Stress Buster Raspberry Refresher/Peachy Pick-Me-Up/Totally Tropical  
Cranberry and Cherry Cooler/Bananarama MEAL SOLUTIONS Cucumber Cooler/Breakfast in a Glass  
The Snack Attack/Lunch on the Run/Melon and Mango Magic PURE INDULGENCE Berry Bliss/Lemon and Raspberry Zinger/Pineapple and Coconut Temptation Double Chocolate Cherry Delight/Chocca Mocha BE A SMOOTHIE

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