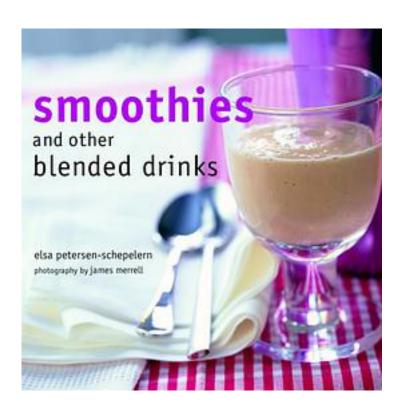
Smoothies and Other Blended Drinks



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著者:Elsa Petersen-Schepelern

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Smoothies, made with ice-cream, milk or yoghurt blended with fruits and other flavourings, are a delicious healthy way with essential vitamins and minerals - they taste so good it's hard to believe they're actually good for you.

作者介绍:

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