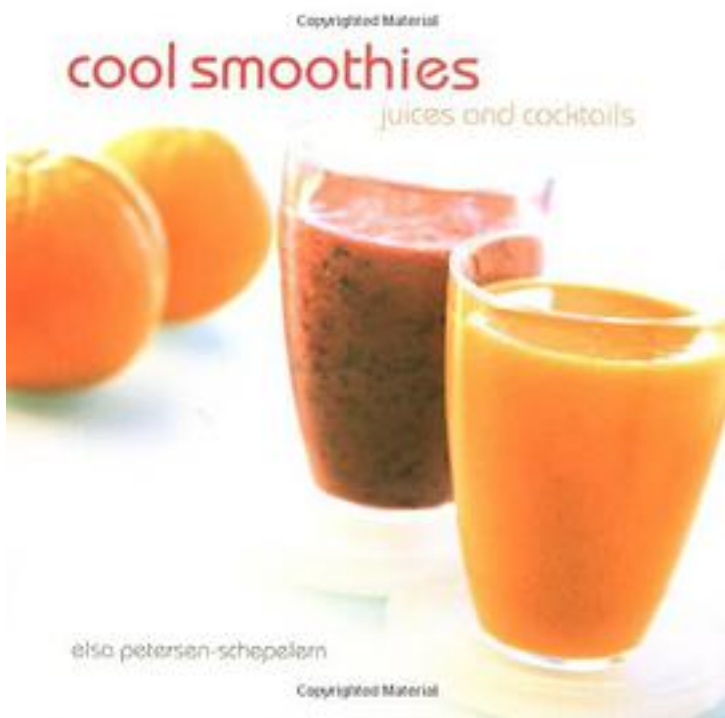


cool smoothies



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著者:Elsa Petersen-Schepelern

出版者:不明供货商

出版时间:2002-2

装帧:

isbn:9781841722818

Smoothies, made with fruit and fruit juices and ice are a delicious and healthy way to have your essential vitamins and minerals. These 100+ recipes use blender, food processor or juicer, and are based on fruit or vegetable crushes, herbs, spices and yoghurt.

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