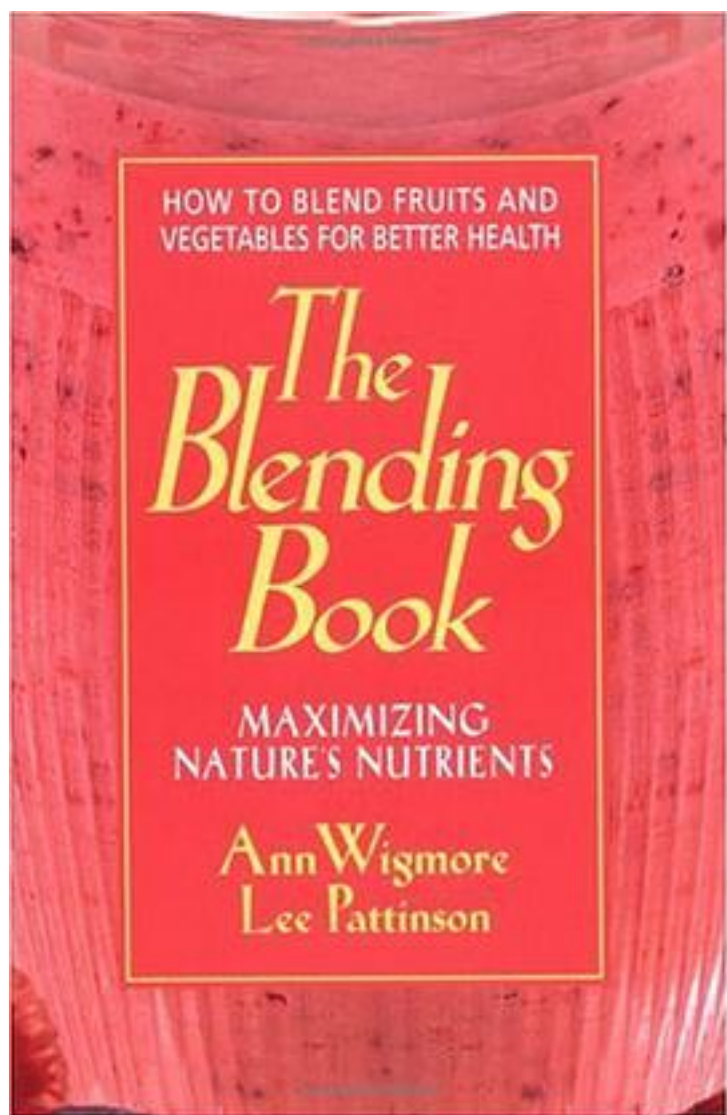


# The Blending Book



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Blending is the practice of liquefying whole foods to make nutritious mixtures that won't create stress on the digestive system. This book gives instructions on blending, equipment needed, best foods to blend, and nutrient values. Over 100 recipes include fruit smoothies, soups, sauces, and desserts.

作者介绍:

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