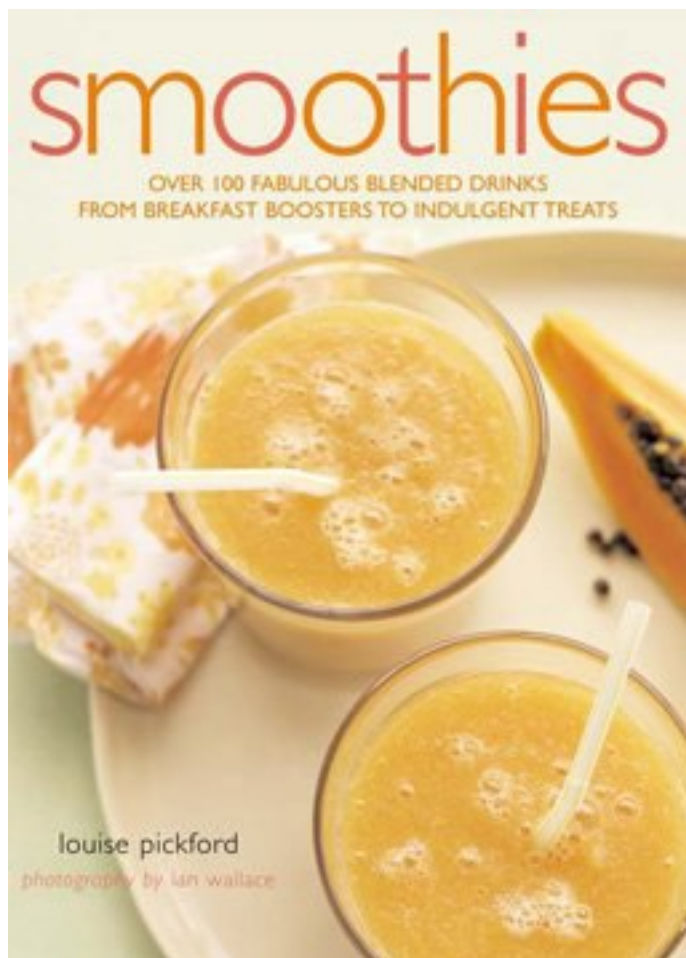


# Smoothies



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It takes just minutes to whip up a concoction of blackberries, sweet blueberries, chilled grape juice & vanilla yoghurt, or to savour a mango combined with buttermilk,

fresh ginger & lime juice. These refreshing smoothies are also deliciously healthy. '

作者介绍:

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