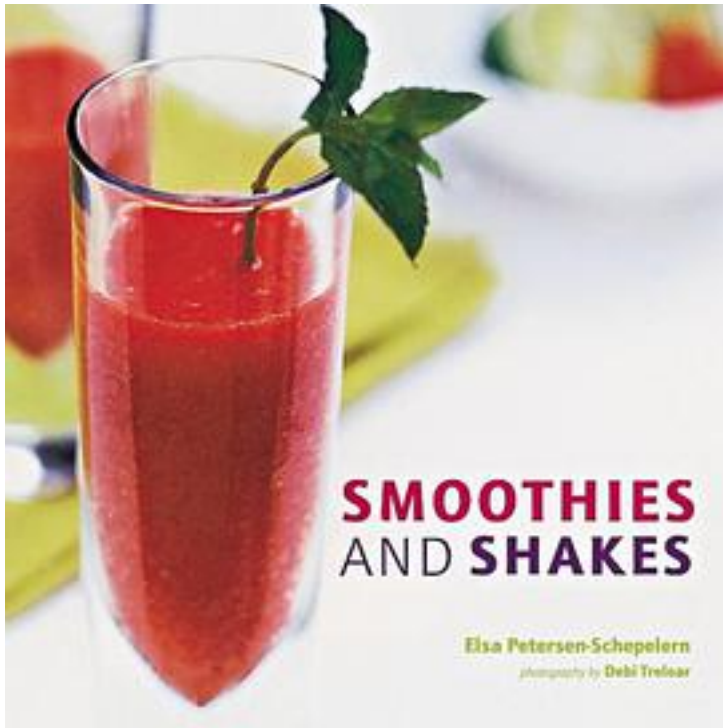


Smoothies and Shakes



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30 simple recipes for smoothies, icy treats, yoghurt drinks and more, using a blender.

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