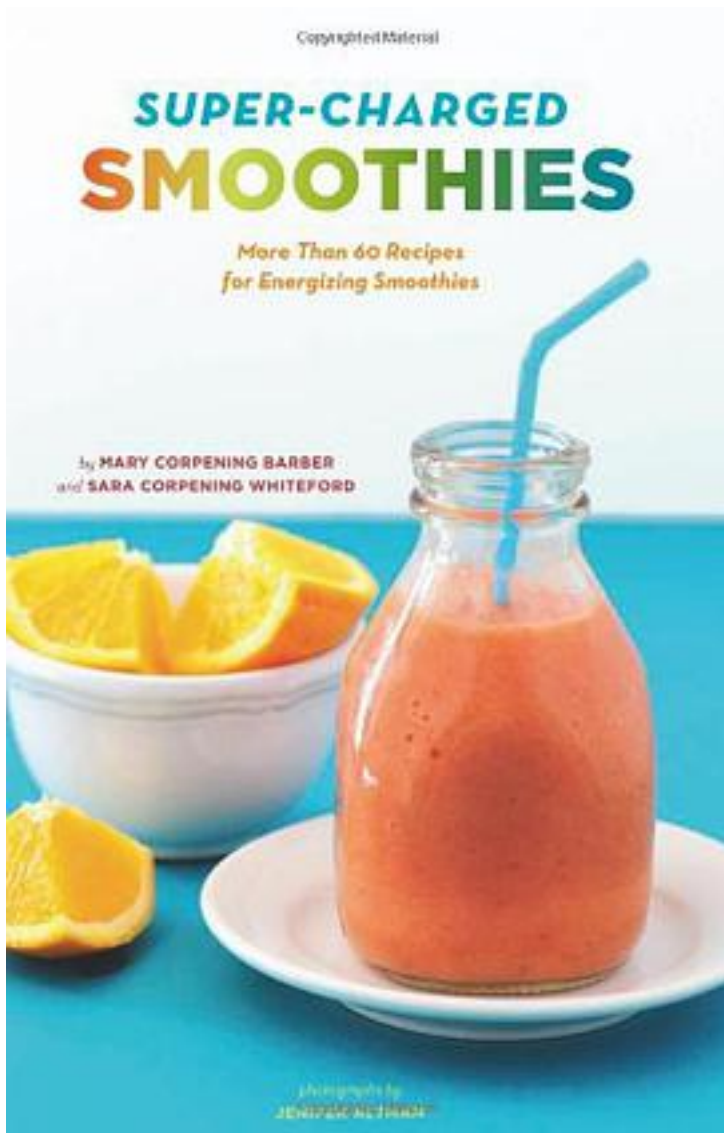


Super-Charged Smoothies



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出版者:

出版时间:2010-3

装帧:

isbn:9780811870245

Best-selling authors Mary Corpening Barber and Sara Corpening Whiteford are back with Super-Charged Smoothies , the high-octane follow-up to Smoothies and Super Smoothies . Just as lively and colorful as their previous Smoothies titles, this latest installment stands out with all-new recipes for delicious elixirs rich with the nutrient-packed, disease-fighting, life-changing superfoods that promote energy and vitality. Learn to mix, blend, and sip your way to a healthier life with fruits, vegetables, and base ingredients (such as Greek yogurt and kombucha) containing the phytochemicals, omegas, and probiotic and antioxidant qualities that make one look and feel better every day. Super-Charged Smoothies = fast + yummy + good for you.

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