



The Ultimate Smoothie Book: 130 Delicious Recipes for Blender Drinks, Frozen Desserts, Shakes, and More!

Cherie Calbom

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Written by nutritionist and renowned author Cherie Calbom, this text shows readers how to make scrumptious smoothies that will make them feel great. It includes charts that analyse calorie, fat, protein, and vitamin content of the smoothies.

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