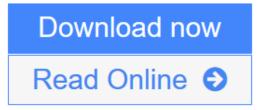


40 Easy Smoothie Recipes for Every Day: From low-calorie recipes up to pure energy bombs

Mattis Lundqvist



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Recipes:

Banana Smoothie Banana and Strawberry Smoothie Strawberry Shortcake Smoothie Triple Blended Berry Smoothie Orange Raspberry Smoothie Mango Peach Banana Smoothie Almond Honeydew Smoothie Cantaloupe Smoothie Apple and Carrots Smoothie Spa Cucumber Smoothie Cherry Vanilla Smoothie Grapefruit Smoothie Ginger Banana Smoothie Mango Shake Blue Raspberry Shake Mixed Berry Shake Buttermilk Strawberry Shake Mixed Berry Shake Cranberry Green Tea Shake The Energy Shake Yogurt and Fruit Shake Mango Blackberry Shake Strawberry Milk Shake Fruit Yogurt Shake Choco Cherry Smoothie Melon Mint Smoothie Zinger Ginger Honeydew Smoothie Guava Smoothie Cranberry Banana Smoothie Apricot Berries Smoothie Pear Blueberry Smoothie Celery Cucumber Smoothie Carrot Celery Ginger Smoothie Turmeric Pineapple Smoothie Cucumber Pineapple Grapefruit Smoothie Turmeric Pumpkin Smoothie Sweet Potato Ginger Smoothie Cucumber Ginger Smoothie Apple Peanut Butter Smoothie Chocolate Avocado Smoothie

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