

<<什锦果汁/the perfect blend>>

图书基本信息

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内容概要

Smoothies have taken the country by storm and their phenomenal popularity reaches across the generations. Young children simply love their fruity flavors, teenagers consider them trendy, and adults appreciate their nutritional value, the speed with which they can be made, and their immense variety. This book is packed with sweet and savory recipes to suit all tastes, using all kinds of fruit and vegetables from bananas berries, and oranges to carrots, beets, and cucumber.

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