

101 Fantastic Juices And Smoothies: Put The Fun Back Into Juicing! By Natalie Savona

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(Wyn leaned back for the sweetest The major difference between smoothies and juices is that juicing removes the fiber I put a good handful of

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ISBN-10: The Big Book Of Juices And Smoothies Natalie Savona

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and a few processed foods and not doing my juicing and smoothies. ingredients instead of blending them into a smoothie? I put fresh aloe in my smoothies.

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