

10 Day Green Smoothie Cleanse Smoothies

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Smoothie - Wikipedia A smoothie (occasionally spelled smoothee or smoothy) is a thick, cold beverage made from pureed raw fruit, and sometimes vegetables. Smoothies are often blended with. Green Smoothies | Blender Lady [â€¦] eat Low Carb. All of my smoothies are â€œGreen Smoothiesâ€œ, and I make them with low glycemic fruits. (Black Berry, Raspberry, Blueberry, [â€¦]).

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