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## 200 Juices & Smoothies

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By Hamlyn

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, 200 Juices & Smoothies, Hamlyn, Drinking daily juices and smoothies is a great way to get all the vitamins and nutrients you need to maintain a balanced diet, as well as being an easy and delicious way to keep hunger at bay. Hamlyn All Colour Cookbook: 200 Juices & Smoothies gives you a huge choice of quick, simple recipes that use all your favourite fruits and vegetables to ensure that your diet will never get dull! Every mouthwatering recipe is accompanied by fantastic colour photography, and it's all bound in a handy format, making this great-value book ideal for all!.



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