



The Complete Guide to Greens and Green Smoothies: Surprisingly delicious, easy-to-make, nutrient-packed recipes to help you blend your way to a healthier, more balanced lifestyle

Frederic Patenaude

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Green smoothies, green juices, raw energy soups... everything is covered in this complete guide to greens and green smoothies, including the author's favorite recipes.

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Alice Lawson:

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Sherman Etheridge:

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Evelyn Montgomery:

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