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Smoothies

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Bean Brownie

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Avocado Frosting

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Rehydration

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Kitchen at Home:

Quick and

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Vegetarian Food

for Every Day

Nuts \u0026

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Smoothie Recipe

13: Fennel

Greens are

Delicious in

Green Drinks!

(from 30-day

GSC) Goodnight

Smoothie Pea,

Mint \u0026

Coconut Soup |

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Stories Green

Machine Smoothie

Green Hemp

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Protein Smoothie

*| Green Kitchen
Stories Rhubarb*

\u0026

Strawberry Soup

Roasted

*Cauliflower with
Dates \u0026*

*Lentils | Green
Kitchen Stories*

Triple Apple

\u0026 Almond

Muffins Chia

Fresca | Green

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Kitchen Stories

Turmeric Tonic

Green Kitchen At

Home - Book

Trailer *Green*

Kitchen

Smoothies

A pre-copy of
our newest book,

Green Kitchen

Smoothies has

landed in our

kitchen and we

are giddy as

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kids about it
(and really
proud)! Whilst
we were working
on the smoothie
pack for our
app, last
summer, we
realised how
versatile
smoothies can be
and how much we
loved both
drinking and

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making them. We often enjoy smoothies for breakfast, as a healthier midday alternative to sweet snacks and drinks, as a dessert and always after a workout.

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Smoothies -

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Green Kitchen

Stories

Anti

inflammatory

morning glory

(recipe below)

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Smoothies:

Healthy and

colourful

smoothies for

everyday

Smoothies aren't

just bananas,

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strawberries and
yogurt anymore -
add nuts,
milk, ...

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Smoothies:

Healthy and

colourful

smoothies ...

In *Green Kitchen*

Smoothies,

bestselling

authors and

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bloggers David Frenkiel and Luise Vindahl share their favourite smoothie recipes, as well as some exciting ideas that will give you the confidence to create your own. Divided into two main sections,

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Simple Smoothies
and
Showstoppers,
this is a book
perfect for both
smoothie
enthusiasts and
newbies.

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David Frenkiel

...

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successful Green
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Smoothies,
bestselling
authors and
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Frenkiel and
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share their
favourite
smoothie

recipes, as well
as some exciting
ideas that will
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this is a book
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smoothie

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enthusiasts and
newbies.

*Home & Food |
Bed, Bath,
Kitchen & Dining
| David Jones*

...

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Smoothies will
also feature
smoothies with
textures and
layers, making

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them much more than just a drink. For anyone reluctant to switch breakfast for just a drink, there are some smoothie snacks to go along with the recipes. And for any smoothie experts who are looking for some

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new ideas, this
is the perfect
book. ...

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Every Day by

David Frenkiel

Delicious

smoothies from

the authors

behind the award-

winning and

hugely popular

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Kitchen StoriesB

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estselling
authors David
and Luise now
share their top
smoothie
recipes, as well
as some new and
exciting ideas.
The book

Green Kitchen

Smoothies -

Terra Shepherd

Boutique &

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Apothecary

Green Kitchen

Smoothies. A pre-

copy of our

newest book,

Green Kitchen

Smoothies has

landed in our

kitchen and we

are giddy as

kids about it

(and... Green

Pea, Millet &

Mint Fritters.

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Elsa planted a few pea seeds in pots that we placed in our kitchen window a couple of weeks ago. It has turned out to...

*Recipes - Green
Kitchen Stories*

Delicious
smoothies from
the authors

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behind the award-winning and hugely popular blog Green Kitchen Stories Bestselling authors David and Luise now share their top smoothie recipes, as well as some new and exciting ideas. The book is

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divided into
simple
smoothies, post-
workout
favorites,
breakfast ideas,
energizers,
desserts, and
more.

Amazon.com:
Green Kitchen
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Healthy and

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Colorful ...

Smoothies are a quick and easy way to include more vegetables and fruits in your diet.

Versatile, they make a healthy breakfast, snack, post-workout replenishing treat or even a

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guilt-free

dessert. Green

Kitchen

Smoothies goes beyond simply mixing together vegetables and fruits. The first chapter is dedicated to some basic recipes for nut butter, chia pudding,

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granola, muesli
which make
scrumptious
additions and
toppings to some
of David &
Luise's recipes.

*Green Kitchen
Smoothies Review
+ Giveaway + 2
Recipes ...*

Recipes include
the Green Bowl,

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Sleeping-in
Smoothie, Green
Stamina Workout,
The Warm
Smoothie and
Apple Pie in a
Glass. Green
Kitchen

Smoothies will
also feature
smoothies with
textures and
layers, making
them much more

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than just a
drink. For
anyone reluctant
to switch
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just a drink,
there are some
smoothie snacks
to go along with
the recipes. And
for any smoothie
experts who are
looking for some
new ideas, this

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is the perfect
book.

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Smoothies - Ebok
- Frenkiel David*

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Hardie Grant
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1784880460. In
Green Kitchen
Smoothies,
bestselling

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bloggers David
Frenkiel and
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share their
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recipes, as well
as some exciting
ideas that will
give you the
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Smoothies

cookbook by

David Frenkiel

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recipes, as well

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Kitchen
Smoothies

give you the confidence to create your own. Divided into two main sections, Simple Smoothies and Showstoppers, this is a book perfect for both smoothie enthusiasts and newbies.

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Smoothies by

David Frenkiel,

Luise Vindahl

...

60 g (2 oz/ cup)

frozen

raspberries. 1

ripe banana,

peeled. 1

tablespoon hemp

seeds or hemp

protein powder

(or more if you

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like) $\frac{1}{2}$ - 1
teaspoon fresh
ginger, grated
(or $\frac{1}{4}$ - $\frac{1}{2}$
teaspoon ground
...

*Green Smoothie
Kitchen: Three
work-out
smoothie recipes
...*

In Green Kitchen
Smoothies,
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bestselling
authors and
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share their
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Smoothies :

David Frenkiel :

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Smoothies

reviews. This is
an introduction
to a world of
incredibly fun
games played
with dice No I
am not going to
teach you how to
gamble Rather I
am going to show
you how just 2

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allow you to
play a number of
sports In Green
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going to teach
you about
playing the

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