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Jen Hathington**

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Recipes. Recipe Index; Jen's promoting general health/well-being It s ground fine enough to mix well in a shaker bottle w/blender ball. (Or add to smoothies.)

Oh so posh photography - part 7

I also did the Mean Green detox. I would also like to do it for the weight loss and health reasons as well, For a while I was making smoothies with a blender

Dr oz green juice recipe made with a vitamix blender or blendtec

Dr Oz Green Juice recipe made with a Blendtec or Vitamix blender is a drink that helps you achieve extraordinary health by drinking whole and green raw foods.

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Beginner's green smoothie recipe with a vitamix or

BEGINNER S GREEN SMOOTHIE RECIPE A green smoothie is when greens are blended in with a fruit smoothie, in a Blendtec or Vitamix high powered commercial blender.

Vitamix green smoothie blender recipes for energy

Vitamix Green Smoothie Blender Recipes for Energy, Detox, Weight Loss & Well-Being (Vitamix Cookbook, Vitamix Recipes, Vitamix Recipe Book, Green Smoothie

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