



The Little Black Book of Smoothies (Little Black Books)

Ruth Cullen, Peter Pauper Press

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Features scrumptious, nutritious summer shakes, fall frosties, liquid lunches, energy boosters, and sanity savers. Shake up your life with all you need to know about Smoothies. 160 pages; 4-1/4" wide x 5-3/4" high; concealed wire-o binding; book lies flat for ease of use; elastic band place holder.

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