

# **Green Smoothies For Beginners: Essentials To Get Started By Rockridge Press**

**By Rockridge Press**

## **How to Make a Basic, Beginner Green Smoothie that -**

There are a few simple rules when making a basic, beginner green smoothie that will leave you wanting more. Let's take a look at the essentials: 1.

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Paleo for beginners : essentials to get started / Berkeley, Calif. : Rockridge University Press, 2012: Subjects: Prehistoric peoples > Nutrition. Reducing diets.

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