



# smoothies

50 RECIPES  
FOR HIGH-ENERGY  
REFRESHMENT

MARY CORPENING BARBER, SARA CORPENING,  
AND LORELYN NARLOCK  
PHOTOGRAPHS BY AMY NEUNINGER

# 50 Energy High Recipe Refreshment Smoothie

**Susan Quick**



## 50 Energy High Recipe Refreshment Smoothie:

**Smoothies** Sara Corpening Whiteford, Mary Corpening Barber, Sara Whiteford Corpening, Lori Lyn Narlock, 1997-07  
Recipes for blended drinks which include fruits sorbets ice creams yogurts soy milks and other ingredients A final chapter lists recipes which include alcohol Smoothies & Juices: Prevention Healing Kitchen Frances Largeman-Roth, 2020-09-08  
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Fink, Lisa A. Burgoon, Alan E. Mikesky, 2006 An introduction to sports nutrition including general nutrition concepts and a thorough explanation of the macronutrients      **The IBD Nutrition Book** Jan K. Greenwood, 1992-05-21 Discusses why people suffering from inflammatory bowel disease need good nutrition the function of essential nutrients in the body and the reasons for malabsorption of nutrients in IBD sufferers Contains recipes tables listing food sources of key nutrients ideas on food preparation tips for retaining the optimum nutrition a section on vitamin mineral and other types of commercial supplements and sample menus

## Embracing the Melody of Expression: An Psychological Symphony within **50 Energy High Recipe Refreshment Smoothie**

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