

A glass of yellow smoothie with a lemon slice garnish. The background is a soft-focus green and yellow.

smoothies

50 RECIPES
FOR HIGH-ENERGY
REFRESHMENT

MARY CORPENING BARBER, SARA CORPENING,
AND LORI LYN NARLOCK
PHOTOGRAPHS BY AMY NEUNSINGER

50 Energy High Recipe Refreshment Smoothie

Lingjun Ying



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