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1 Serving Juice Plus+Chocolate COMPLETE 1/2-1 Banana Fresh Or Frozen 1 TBSP

Natural Peanut Butter (the Kind You Have To Stir) 1 Cup Mild FROZEN Fruit Instead Of Ice. (example: Mango, Tropical Fruit) INSTRUCTIONS: Put All Ingredients In Blender In Order Given. Blend Until Frozen Fruit Lumps Gone. Drink All At Once Or Pour Into 2 Coffee 1th, 2024

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1/2 Banana  
1/4 cup Frozen Blueberries  
1 tbsp Shredded Unsweetened Coconut  
1 cup Ice  
Directions  
Make A Smoothie With 1/2 Cup 1 Percent Milk, 1/2 Of A Very Ripe Banana, 1/4 Cup Frozen Blueberries, 1 Tbsp S 3th, 2024

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