

A tall, clear glass filled with a vibrant orange smoothie. A thin slice of lemon is perched on the rim of the glass. The background is a soft, out-of-focus green and white, suggesting a fresh, natural setting.

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

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