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Mariel lewis (author of paleo smoothies)

Mariel Lewis is the author of Paleo Smoothies (3.29 avg rating, 7 ratings, 4 reviews, published 2014) Mariel Lewis Author profile About this author.

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This website was created to display all 150 recipes inside Toadally Primal Smoothies. At this time (July 29), 42 recipes are published. More are coming as soon as my

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Morning Paleo Smoothie Recipe. Start with a base of coconut milk, I usually use a whole can. Add plenty of any fruit you d like. I like to use frozen berries.

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