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Buy Alkaline Drinks: Original Alkaline Smoothie, Juice, and Tea Recipes to Help You Enjoy Balance, Energy, and Vitality (Alkaline Drinks, Alkaline Diet for Beginners) by Tuchowska, Marta (ISBN: 9781508486442) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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These may be used to create amazing and energizing alkaline drinks - smoothies, juices, and herbal infusions - that are caffeine-free and rich in nutrients that our bodies so desperately need. One-hundred-percent natural alkaline energizers are waiting for you! You can finally: Rejuvenate your body and mind with 100% natural alkaline smoothies.

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1 cup Watermelon (seeded), cubed. 1 Cucumber. 1 Key Lime. Instructions: 1. Blend all ingredients in a high-speed blender. Since watermelon and cucumbers are mostly water, you might not need to add any extra, but do so if you desire. 2. Juice the key lime and add to your smoothie.

7 Alkaline Smoothie Recipes (Dr Sebi Approved Ingredients ...

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