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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Fun & Fruity Recipes

By Deborah Shelton

Fun & Fruity Recipes

by: **Deborah Shelton**

Strawberry Angels 1 angel food cake 6 large strawberries 1 carton whipped topping

mailto:Five_Minute_Parent-subscribe@yahoogroups.com

or visit

<http://www.fiveminuteparent.com>

deborah@fiveminuteparent.com

Best Recipes: Orange Fruity Smoothie

By Donna Monday

Fruit smoothies are good for you and you will make this Orange Fruity Smoothie again and again.

Directions

Combine all ingredients in blender and blend until smooth.

<http://www.1st-milkshake-n-smoothie-recipes.com>

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