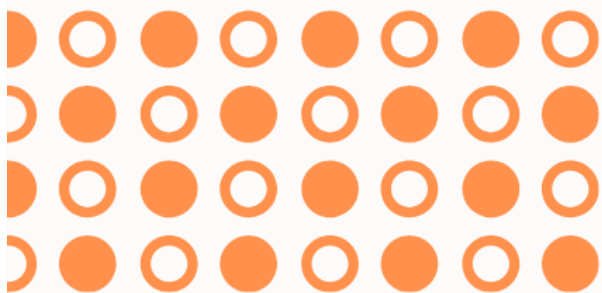
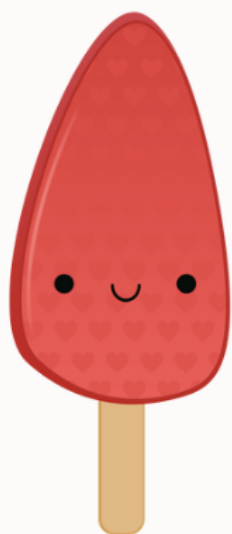


Smoothies sorbets

Pour 6 - 8 glaces

- 1 banane
- 3 fraises
- 1 mangue
- Ou autres fruits



La diététique gourmande
nath.thieblemont@gmail.com
Les Vélos Smoothies de Nathalie