



Mummy to Be Smoothies

Kathy Gail

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Being Pregnant is a wonderful time in your life, you are bringing another little person into this beautiful world of ours. Being Pregnant makes a lot of changes to your body and can also make you have an upset tummy at times. These Smoothies will help ease the feeling of being sick. Even if you are lucky not to feel sick during your Pregnancy (a lot of ladies would envy you) these Smoothies are great to have because they taste great and have the Nutrients that you and your baby need.

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