

The Quick & Easy Green Smoothie Guide: 60 Healthy Recipes To Boost Your Energy, Vitality & Weight Loss By Caitlin Myers

By Caitlin Myers

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1. Place green beans in a large skillet; pour in 1/4 cup water. 2. Bring to a boil over high heat. As soon as water comes to a boil, cover pan and cook 3 minutes.

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