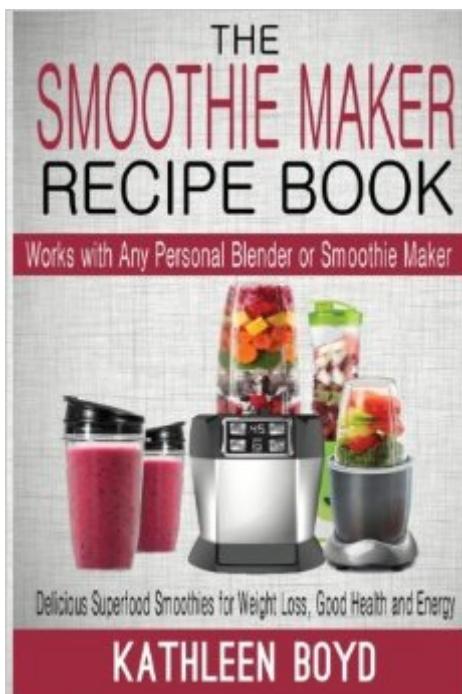


The book was found

The Smoothie Maker Recipe Book: Delicious Superfood Smoothies For Weight Loss, Good Health And Energy - Works With Any Personal Blender Or Smoothie Maker



Synopsis

SMOOTHIE MAKER ON THE GO! - Yummy Smoothies for Everyone Delightful Smoothie Maker Recipes for weight loss and fabulous health! This smoothie maker recipe book works great with - Breville Blend Active, Nutribullet, Philips, Duronic, Morphy Richards, Russell Hobbs, Vitamix, Nutri Ninja, Hamilton Beach, Oster, Ninja Master Prep, BELLA and others Author, Kathleen Boyd, welcomes you to The Smoothie Maker Recipe Book! You'll be thrilled that you have chosen her smoothie book to promote optimum health and vitality. Whether you own a Ninja, a Nutribullet, a Breville or some other smoothie maker, you're sure to discover some naturally healthy and delicious smoothies to tantalize your taste buds. In her new smoothie book, you'll find nutrient-rich recipes that will help you to: Lose weight • Increase energy • Enjoy more fruits and vegetables • Boost your immune system • Look and feel better • Cleanse your system • Restore your health • Live a healthy lifestyle You now have the opportunity to experience optimum health with these nutrient dense smoothies. Moreover, these smoothies are the perfect mix of live nutrients and natural flavors. Now it is easier to get optimum nutrition "fast. Get your copy today and discover natural health and vitality. Start drinking, stay slim and keep fit with The Smoothie Maker Recipe Book!

Book Information

Paperback: 116 pages

Publisher: CreateSpace Independent Publishing Platform (May 1, 2015)

Language: English

ISBN-10: 1512345210

ISBN-13: 978-1512345216

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 8.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #378,348 in Books (See Top 100 in Books) #76 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #158 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #295 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy

Customer Reviews

This is the first smoothie recipe book I've bought for my Kindle and probably the most comprehensive book I've read on the subject. In fact, it's unfair to label it as just a recipe

book as the author also offers advice on the best way to use smoothies, whether as part of a weight-loss plan, detox, or simple an addition to your usual diet. I love how the book is split into chapters based on the benefits. It makes it really quick and easy to select the one I want, whatever the occasion. I'm currently focused on the Healthy Brain smoothies because I'm finding my memory and concentration need all the help they can get as I grow older!

I found so much to like in this smoothie recipe book. I like that they are geared towards weight loss and can all be easily made. The flavors are great and I'm really enjoying the ones I tried so far. Highly recommended.

Enjoying my smoothies with my Nutra Ninja Auto IQ!!

It is easy to kick the sugar habit if you have something to replace it with. Easy with just a few ingredients, or new fruit and vegetable combinations – they are all in this book!

has some good veggie smoothie recipe's in it, which that's what I mainly wanted it for

A lot of good healthy smoothies. I just got my machine so a lot of good ones to try

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