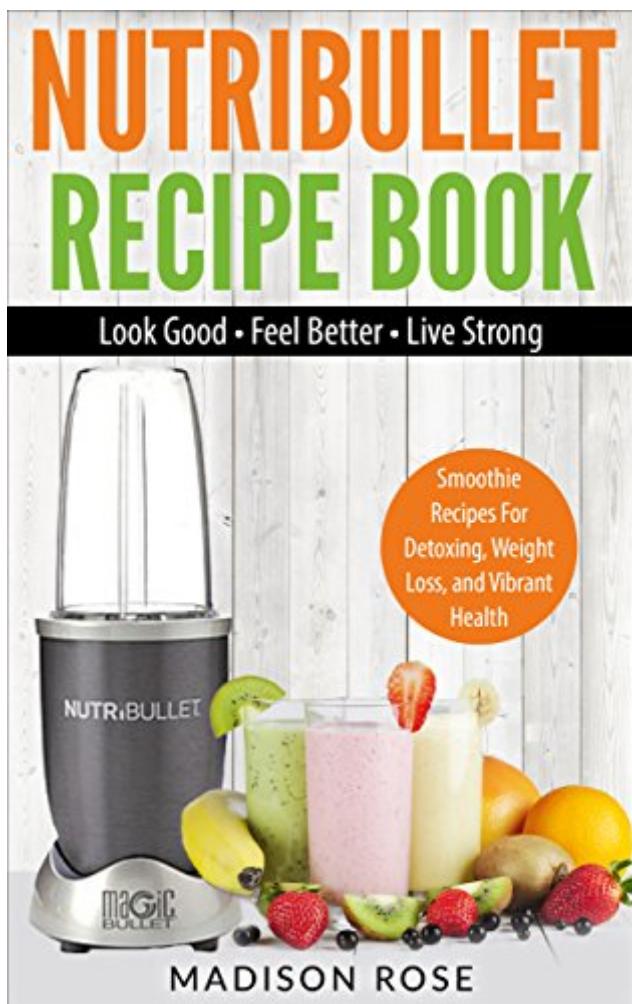


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Nutribullet Recipe Book: Smoothie Recipes For Detoxing, Weight Loss, And Vibrant Health - Look Good - Feel Good - Live Strong



Synopsis

Get More Essential Nutrients with Nutribullet!Read this book for FREE on Kindle Unlimited - Download Now!Read this book on your PC, Mac, smartphone, tablet or Kindle device!Are you ready to make the most delicious and mouthwatering smoothies ever? Do you want to maximize your health and nutrition? Would you like to give your family invigorating quick meals made from natural ingredients?Nutribullet Recipe Book: Smoothie Recipes For Detoxing, Weight Loss, And Vibrant Health explains how this remarkable device extracts all the nutrients from your food, leading to better body function. The Nutribullet can handle even the toughest ingredients so you get the absolute most from every meal. Get ready to enjoy a wealth of delicious recipes with your Nutribullet!When you incorporate Nutribullet smoothies into your everyday life, you'll be amazed at the positive changes you can experience. You can improve your cardiovascular and immune health, get clearer skin, and watch the pounds fall away. In addition to fitness and weight loss, you'll also detox your body and improve your digestion!In Nutribullet Recipe Book: Smoothie Recipes For Detoxing, Weight Loss, And Vibrant Health, you'll discover how the two Nutribullet blades can handle everything from dry ingredients to slippery fruits and the toughest vegetables. This versatile kitchen solution can handle even the most stubborn ingredients and it's easy to clean!Here's a preview of what you'll get from this book:An Introduction to the NutribulletAn Overview of the Many Benefits of Smoothies Nutribullet Smoothie Detox RecipesWeight Loss Nutribullet RecipesNutribullet Recipes for Radiant SkinHeart Health Nutribullet RecipesNutribullet Recipes for a Stronger Immune SystemRead this book on your PC, Mac, smartphone, tablet or Kindle device!You'll enjoy Watermelon and Mango Shakes, Lime Juice and Honeydew Smoothies, and the Cleansing Detox Blast!Don't delay - Get your copy of Nutribullet Recipe Book: Smoothie Recipes For Detoxing, Weight Loss, And Vibrant Health right away!You'll be so glad you did!

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Customer Reviews

I have a Nutribullet and, when I purchase it, a recipe book came with the appliance. I purchased this book hoping that it would give me greater alternatives and more advice. This book is easy to read and I like the way it is broken up into different categories. For example, there are recipes for detoxing, weight loss, radiant skin, and energy boosting all in separate chapters. There is even a chapter for healthy heart and immune systems. There are not only recipes in this book. It also goes into detail about using and caring for your Nutribullet. You can use the recipes in other juicers as well, but the book also goes into detail about why the Nutribullet has advantages over the other types of blenders. I received this ebook free of charge in exchange for my honest and unbiased opinions which are completely my own.

This ebook is a great intro to smoothie/ juice making. It is very informative in terms of the different ingredients you can add and the associated benefits. As someone who has been juicing and smoothie making for many years, I was surprised to find new ingredients I never thought to add (like cooked oatmeal, who knew?). Although I don't have a nutribullet, I found the section on using and caring for it to be very good and informative as well. I gave one less star because to me these are more juice and puree recipes as most of them don't call for frozen ingredients or ice (although there are some) typically used in smoothies. The term "puree" is almost exclusively used instead of "blend" in the instructions. One tends to think more of blending when referring to smoothies. Overall a good resource of healthy drinks for beginners and on. I received this product at a discount in exchange for my honest and unbiased review.

This book is quite interesting for me because this is the first time I heard about Nutribullet. So I

decided to have a read right away. And this Nutribullet Recipes Book has really hooked me. I so love the healthy beverages that I have learned here. Imagine, getting refreshed and staying healthy at the same time. Knowing that the smoothie recipes here are given for the purpose of detoxifying, for achieving weight loss, as well as to make sure one will maintain a vibrant health is just an awesome perk that this book is offering. I'm so thankful I came across this book because I get to know how amazing the Nutribullet is.

I got this e-book for free to test out the recipes and give a review. I took that offer because I am the most uncreative person when it comes to smoothies. For me, it is a little protein powder, some almond milk, kale and a banana. This book really opened my eyes to the possibilities. I love that it explains ingredients, gives caloric content and has sections for different concerns like your skin and weight loss. Even though I own a Vitamix this book has really helped me experience new flavor combos and introduced me to new ingredients like flaxseed. Very informative and the recipes are quite yummy. I am sure you will find a few favorites like I did!

This is an awesome recipe book. Although I wasn't fond of it being in the Kindle version I like it. Convenient way to look through and sort recipes you like. It will also be convenient when making these recipes. You will not have to work about how you're going to keep the book open while adding your ingredients. The book gives other great information such as what kind of smoothies are good for certain things. Trying to lose weight try this one or trying flatten tummy try this one. The other information in the book provides you with what you can do to your smoothie to make it thicker or what you shouldn't add. There is so other great information in here as to what kind of smoothie you want to stay away from, how much should a good smoothie have in calories in order for it to be beneficial. The book is a helpful tool when looking for a great snack to boost your vitamins for the day with giving you all those calories. Smoothie you find at planet smoothie and other places or the sort might be adding more sugar to them then you realize. This will also be great for me as I have a daughter who doesn't absorb nutrients like she should. She isn't a veggie eater or much fruit for that matter. So I can add all these things and she will never know the difference. Chic peas or black beans to a smoothie is great for protein without the gritty taste and texture. That is so great information right there. This will be a book that would recommend to anyone looking for great recipes whether you're trying to get healthy or eat healthier for other reasons this is a great tool. It's also portable take it on the go and use it for a reference when or if you purchase smoothies from places. I have received this item at a discount or for free for my unbiased and honest review of the item.

I don't have a Nutri Bullet but I find that my single serve blender gets the job done for what I need but I really wanted the recipe book included with the Nutri Bullet. Since I am in my 40s I have tried to start taking better care of myself. A lot of my friends have raved about how the recipes in the Nutri Bullet Recipe Book have helped them on their journey to better living. This book is very informative. It starts off with an introduction to the Nutri Bullet if you have one, then it gives you an overview of the benefits of smoothies and last are the recipes. The recipes are broken down into groups; Detox, Weight Loss, Radiant Skin, Heart Health and Immune System recipes. It also gives you the calories for each smoothie. At the beginning of each recipe group it gives information on key ingredients to use and the benefits of each for each smoothie set. When I ordered this book I had no idea it would be so informative, I thought I would just get a bunch of recipes. I was pleasantly surprised by this array of information. And the recipes are so simple, just a few items which is great. Too many ingredients and I am less likely to try them. This book is exactly what I need to aid me in my journey to healthier living. I couldn't be more pleased with this book. I would definitely recommend it to others. I received this product at a free price in return for an honest and fair review. All thoughts and comments are my own.

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