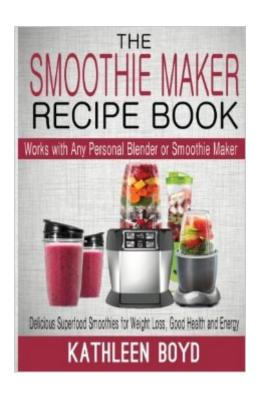
# The book was found

# 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! Youâ TMII 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, youâ TMre sure to discover some naturally healthy and delicious smoothies to tantalize your taste buds. In her new smoothie book, youâ TMII find nutrient-rich recipes that will help you to: Lose weight â ¢ Increase energy â ¢ Enjoy more fruits and vegetables â ¢ Boost your immune system â ¢Look and feel better â ¢ Cleanse your system â ¢ Restore your health â ¢ 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 nutritionâ "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**

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Naturopathy

## **Customer Reviews**

This is the first smoothie recipe book lâ <sup>TM</sup>ve bought for my Kindle and probably the most comprehensive book lâ <sup>TM</sup>ve read on the subject. In fact, itâ <sup>TM</sup>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. Iâ ™m currently focused on the Healthy Brain smoothies because Iâ ™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 lâ ™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 â "they are all in this book!

has some good veggie smoothie recipe's in it, which thats 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

<u>Download to continue reading...</u>

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for ... loss-detox smoothie recipes) (Volume 54) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start, Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Blender Recipe Cookbook: Healthy Smoothie, Soup and Dessert Recipes for your High Speed Blender Nutri Ninja Recipe Book: 70 Smoothie Recipes for Weight Loss, Increased Energy a Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender Smoothies for Diabetics: Over 100 Quick & Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals (Natural Weight Loss Transformation) (Volume 100) The 21-Day Healthy Smoothie Plan: Invigorating Smoothies & Daily Support for Wellness & Weight Loss Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start, Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) Ninja Blender Cookbook: Fast, Healthy Blender Recipes for Soups, Sauces, Smoothies, Dips, and More The High Speed Blender Cookbook: How to get the best out of your multi-purpose power blender, from smoothies to soups Anti-Cancer Smoothies: Healing With Superfoods: 35 Delicious Smoothie Recipes to Fight Cancer, Live Healthy and Boost Your Energy Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More!

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