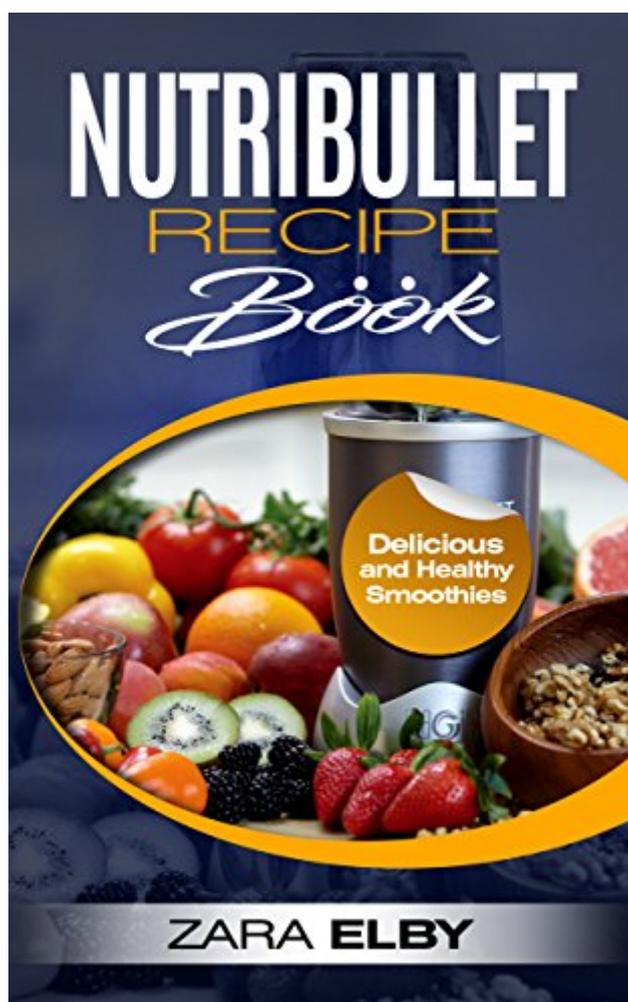


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# **Nutribullet Recipe Book: Delicious And Healthy Smoothies, Designed To Promote Weight Loss, Suppress Hunger, Boost Energy, Anti-Age, Detox And Cleanse And Much More! (Diet, Nutritious, Natural, Easy)**





## Synopsis

Nutribullet Recipe Book Delicious and Healthy Smoothies, designed to promote weight loss, suppress hunger, boost energy, anti age, detox and cleanse and much, much more! Do you need inspiration and ideas for using your Nutribullet or Nurtininja? If so, Nutribullet Recipe Book: Delicious and Healthy Smoothies by Zara Elby is THE book for you! Whilst it is common knowledge that smoothies are the go-to for improving your health. Getting the vitamins and nutrients you need throughout the day has never been more simple and stress free. This guide aims to provide you with filling, nutritious recipes that not only satisfy your cravings and suppress your hunger. Why choose this book? This book includes our tried and tested recipes to target different areas, teaching you THE BEST smoothie recipes to help promote weight loss, increase your energy levels, detox and cleanse your body, anti age and to create clear and glowing skin! It also includes smoothie recipes ideal for different times of the day, as well as including the health benefits of the most effective ingredients. The book includes the nutritional information for each smoothie, so whether you are counting calories, or simply trying to improve your health, then this is the book for you. What's inside? Full details of how to make the most out of your blender Top smoothie ingredients and why they are so popular Healthy body and mind tips 20+ Smoothies to promote weight loss 20+ Smoothies to boost your energy 20+ Smoothies to detox and cleanse your body and mind 20+ Smoothies to promote anti ageing 20+ Smoothies to create clear and glowing skin And much, much more! What are you waiting for? Kick start your life now by downloading this book! See you inside!

## Book Information

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## Customer Reviews

A great recipe book for my Nutribullet. I have tried a few of the recipes in the book and I thought they were really good. I would recommend this book to anyone. Really great recipes. I'm enjoying my nutribullet & looking fwd to expanding my choices in smoothies. I had so much fun trying out every recipe. Obviously you can add whatever you want to any recipe.

The book looks great and is well formatted. It was easy to find the recipes that interested me the most. Very imaginative and useful. "The book isn't full of pictures, which makes it easier to focus on the text, instead of being distracted by images, no matter how delicious-looking they are. I would recommend this book to all Nutribullet fans. It's definitely a must-read!

This Recipe book has a great blend of nutritious, natural, delicious and healthy smoothies. Nutribullet is truly amazing, All of the nutrients from fruits and vegetables can be extracted using this invention. I have nothing to say. I would like to recommend this to my neighborhood.

Trying to find the right combination of fruits and veggies and having it still turn out edible was always a challenge for me, until I used the recipes in this book. My skin is glowing and and I feel great! If only I could give it more stars.

This book is excellent! I am a very happy owner of a Nutribullet, but most recipes that I can find online are pretty standard. They also tend to get old and boring quickly. This book is comprehensive " it starts off with facts about health benefits of smoothies, goes on to explain the best way to make them you're your Nutribullet, and finally it groups the recipes by their function and purpose, such as recipes for a healthy heart, detox, weight loss, healthy skin, and anti-ageing ones to name a few. My favorite recipes include the Berry Medley, and the Chia Berry smoothie. I will try to make at least one recipe per day and see how it goes. First impressions on this book are great so far, and I am loving it already because the recipes are easy to follow, uncomplicated, and do not require obscure ingredients. The book isn't full of pictures, which makes it easier to focus on

the text, instead of being distracted by images, no matter how delicious-looking they are. I would recommend this book to all Nutribullet fans. It's definitely a must-read! Highly Recommend Nutribullet Recipe Book: Delicious and Healthy Smoothies, Designed To Promote Weight Loss, Suppress Hunger, Boost Energy, Anti-Age, Detox and Cleanse and Much More! (Diet, Nutritious, Natural, Easy)

This book has a ton of recipes for smoothies for diabetics. Very happy with this purchase. The book has an excellent collection of delicious and easy to make soups and dips. I have tried a number of the soups now and everyone was delicious. The book is very well laid out and contains something for everyone.

This is a very easy to understand, clear to navigate, and wonderfully organized recipe book. There are clearly designed sections formulated for specific health goals with spectacular recipes clearly explained in each. Several of the smoothies are ideas I would never have thought of on my own as they use ingredients I would often have avoided due to lack of familiarity. Many of the recipes are easily used as a base structure for personalization to bend them more to an individual's flavor profile... This book will help you detoxify and cleanse your body through consuming fruits and vegetables. I highly recommend this book for people who want to practice healthy lifestyle.

A great recipe book for my Nutribullet. I have tried a few of the recipes in the book and I thought they were really good. I am a very happy owner of a Nutribullet, but most recipes that I can find online are pretty standard. a healthy heart, detox, weight loss, healthy skin, and anti-ageing ones to name a few.

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