

The book was found

# The Juicing And Smoothie Recipe Book: The Complete Guide To Healthy Juices & Smoothies – Easy Recipes For Weight Loss & Cleanses – Suitable For The Nutribullet, ... Ninja And Vitamix (Juicing For Beginners)





## Synopsis

Juicing & Smoothie Made Easy Learn how to make the Healthiest & most Delicious Juices & Smoothies! \_\_\_\_\_ Juicing doesn't have to be boring! Everyone knows that fresh fruits and vegetables are good for our bodies. They provide essential nutrients and allow us to be healthy and fit. The problem is getting enough of them into our diets. Salads get boring and can lose health value with calorie laden dressings or toppings. Cooked vegetables can also lose nutrients. The best solution to get your servings in without losing all the good stuff? Juicing & Smoothies This method will typically keep the fruits and vegetables raw, free of unhealthy additives, and convenient. The recipes in this book is suitable for the Nutri-Ninja, Nutri Bullet, and also the Vitamix. These blenders allow you to get the most from your ingredients. Fruit juices can be a sweet treat of just what you need to start your day. Vegetable blends can get you the needed greens for your diet without wading through piles of salad. Each recipe includes ingredients that can be easy to find at your local grocery store or produce stand. Some of them take a new twist on old tastes so you're not stuck with a bland and boring drink. If you're tired of bland and boring diet food, this is truly the right book for you. There is nothing boring about these juices. Ready to wake up your taste buds?! Here's just a few things you'll learn about:

- Quick and easy fruit juices
- Vegetable juices that can work at home or on the go
- New kicks to the same old recipes
- Recipes for all seasons so your produce is always fresh

This juicing and smoothie recipe book has something for everyone. Get yourself a copy today and start on the road to better health with fresh juices! Download Your Copy Today! Scroll Up and Buy Now with One Click!

## Book Information

File Size: 1981 KB

Print Length: 108 pages

Simultaneous Device Usage: Unlimited

Publisher: Smoothie Recipes, Green Smoothie (July 10, 2017)

Publication Date: July 10, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B073VW94FF

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #92,971 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Kindle Store > Kindle eBooks > Arts & Photography > Art > Art History > Regional > African #14 in Kindle eBooks > Cookbooks, Food & Wine > Kitchen Appliances > Juicers #16 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Non-Alcoholic

## Customer Reviews

This book is worth its value! It saved me from listening to my husband complain. He had a bad cold he just couldn't seem to get rid of, so I made him the ginger tea. He was really resistant about drinking it. He was worried about the spiciness and whether it would sting his throat. I added an extra bit of honey and a slice of lemon. He eventually drank it and he said his chest feels less tight. I think that's a good thing, because he stopped complaining.

My husband eats like a child. Often times will go buy pizza or make a TV dinner. He likes to eat a lot of carbs and meats but I find it really hard to make him eat more fruits and vegetables. Lately I have been substituting his soda for a Mango Milkshake, he has surprisingly taken to it. He says it tastes like a creamsicle and reminds him of dessert.

The Blackberry and Orange Juice tastes out of this world. It basically tastes like a mocktail. I was really worried about how tart this recipe would be, but the honey neutralized how sour it was. I recommend adding Blackberry Honey to bring out the Blackberry taste even more.

Very good. My sister recently had gastric bypass surgery and needed to be on a liquid diet for while. I bought this to help change things up so she wouldn't get bored and to keep her spirits up. It helped :)

I love the pictures in the book. It really inspires me to make the recipes because they are so bold and beautiful. The fruits look so fresh and in season. I can't wait to try all the recipes!

Lemon on and Mint Juice is very refreshing on a hot summer day. I would skip the black pepper

though. I didn't like the taste of that in the recipe. Add some tonic water and make it bubbly!

There are both the normal and not normal recipes in here. Some of the ones takes you by surprise because it tastes so much better than it sounds.

There's a lot more than just smoothies and juices in here. There's also teas, detox teas and infused waters.

[Download to continue reading...](#)

The Juicing and Smoothie Recipe Book: The Complete Guide to Healthy Juices & Smoothies  
Easy recipes for Weight Loss & Cleanses Suitable for the Nutribullet, ... Ninja  
and Vitamix (Juicing for Beginners) Smoothies: 365 Days of Smoothie Recipes (Smoothie,  
Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For  
Weight Loss, Smoothie Cleanse, Smoothie Diet) Juicing: 365 Days of Juicing Recipes (Juicing,  
Juicing for Weight Loss, Juicing Recipes, Juicing Books, Juicing for Health, Juicing Recipes for  
Weight Loss, Juicing Detox, Juicing for Beginners) Smoothies: Everyday Smoothies For Beginners  
(Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie  
Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Ninja Recipe Book: Quick, Easy  
And Delicious Ninja Smoothies For Your Ninja Professional Blender (Ninja Bullet Recipe Book,  
Ninja Blender Recipe Book, ... and Smoothies for Weight Loss Book 1) JUICING RECIPES: The  
Juicing for Health Complete Guide (120 RECIPES): juicing, juicing detox, juicing for weight loss,  
juicing for beginners, juicing diet, juice diet, juice recipes, juicing books Ninja Blender Recipe Bible:  
50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green  
Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Green Smoothie  
Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy &  
Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox)  
Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These  
Amazing, Delicious, Quick and Easy Recipes (VITAMIX RECIPE COOKBOOK, 90+ PAGES,  
VITAMIX RECIPE BOOK) Juicing For Weight Loss: 75+ Juicing Recipes for Weight Loss, Juices  
Recipes, Juicer Recipes Book, Juicer Books, Juicer Recipes, Juice Recipes, Juice Fasting, ...  
diet-juicing recipes weight loss Book 103) Nutribullet Recipes: 365 Days of Smoothie Recipes for  
Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging &  
So ... Loss Drinks, Anti-Aging, Juicing Recipes) Juicing: 101 Juicing Recipes For Weight Loss,  
Detox And Overall Health (Juicing For Weight Loss, Juicing Books, Juicing For Health) (Juicing For

Beginners, Fasting and Detoxing) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) The Diabetic NutriBullet Recipe Book: 203 NutriBullet Diabetes Busting Ultra Low Carb Delicious and Optimally Nutritious Blast and Smoothie Recipes (NutriBullet Recipes) Diabetic Nutribullet Recipe Book: 60 Delicious And Healthy Low Carb Diabetes Diet Friendly Smoothies And Juices (Diabetes Cookbook, Diabetes Diet, Type ... Lower Blood Sugar, Nutribullet Recipes) NutriBullet RX Recipes: 2 Manuscripts: NutriBullet Recipe Book (50 Recipes), Nutribullet RX Recipe Book (65 Recipes) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes - Look Good - Feel Better - Live Strong (Smoothie Bible) Juicing: Juicing for Weight Loss: Refreshing Juicing Recipes for Weight Loss, Health and Vitality (Over 30 Delicious Juicing Recipes for Beginners) Ninja Blender Recipe Book: Lose Weight And Shred The Pounds Fast With These Delicious And Healthy Ninja Blender Recipe Book Recipes You Can Make ... Recipes, Ninja Blender Cookbook) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)