



Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More!

By Stephanie Shaw

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Grady Harp: Hall of Fame, Top 100 Reviewer, Vine Voice

"Stop thinking and start whizzing."

Movie Maker "Rik", Vine Voice

Just terrific, and well priced! Tons of feel great recipes, but TWO of them are particularly outstanding! Read on!

Nutribullet Recipe Book makes it so quick & easy to utilize all of the nutrients that natural foods have to offer in fresh, delicious & tasty smoothies.

On the day you start using your Nutribullet you'll receive a huge boost to your body & wellbeing. The boost of vitamins, nutrients, minerals & antioxidants will start restoring you to your natural balance by cleansing & detoxing with the result being that you feel happier & more energetic than you've felt in a long time!

As well as feeling amazing & so full of energy, you'll very soon notice the weight dropping off & your skin looking incredibly radiant.

Furthermore, you'll find your that blood pressure & cholesterol levels will drop to optimum healthy levels. Your organ health, metabolism & immune system will all get that boost that you so much desire. It goes without saying that you'll have a longer, happier & healthy life.

All of these benefits (& so much more) in the time it takes to throw a few ingredients into a big cup & with a quick & simple press of a button!

Nutribullet smoothies are powerful because they extract every last drop of goodness that your raw & natural produce have to offer. You'll be shocked when you realise how much nutritional value you throw away by taking off the skin, stem & seeds from fruit & veg.

Incidentally, this is a great way to get your kids to have their fruit and vegetables with all of the vitamins, minerals & nutrients they need in a very quick & delicious way. They may even enjoy making the smoothies themselves!

Nutribullet Recipe Book concentrates on seven main areas of smoothie recipes:

- Healthy Heart
- Detoxification
- Weight Loss
- Radiant Skin
- Energy Boost
- Anti-Aging
- Super Foods

The Nutribullet recipes include:

- Chia Seed Rainforest Smoothie
- Berry Breakfast Smoothie
- Flat Belly Smoothie
- Smoothie for Radiant Skin
- Shamrock Smoothie
- Antioxidant Anti-Aging Smoothie
- Raw Mint Chocolate Smoothie
- Bananarama Smoothie

Take a step towards a longer, healthier & happier life. A life with more energy, more time & less weight. Your new radiance & that confidence awaits you. You won't regret buying the Nutribullet Recipe Book!

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- Sales Rank: #2314 in Books
- Published on: 2014-10-03
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .23" w x 6.00" l,
- Binding: Paperback
- 100 pages

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Editorial Review

Review

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From the Back Cover

I had been drinking fruit and vegetable juices, for a long time. While juices did their job of providing me with good nutrients that are essential for the body, and while juices are good for easy absorption of the nutrients, they do not contain the fiber from the fruit or the vegetable, and I found that I wanted something more substantial and nutritious, but also easy and rapid to prepare.

So, I decided that smoothies would be the answer; but not just any smoothie but smoothies made from the Nutribullet. I bought a Nutribullet and it does the job for me. One of the best things I liked about this blender is that it is compact and does not occupy much space, making it ideal for my kitchen; which is small and compact. Making smoothies with the Nutribullet is a quick and simple feat. What about washing the Nutribullet after I'm all done? It can be done in a jiffy, with no pulp or mess to deal with. Pretty sleek, don't you think?

I simply love the Nutribullet, for it allows me to whip a healthy breakfast, packed full of nutrition, in a very short time. Washing the cup and blade is equally simple and fast and there is no waste as there is when juicing fruits and vegetables.

About the Author

I am a registered nurse, working with patients with long term conditions. I have now specialised in Diabetes. It is because I am dealing with conditions that do not respond well with medication like acute conditions and infections do, I have for the past 10 years, been looking at other healing modalities.

I am interested in nutrition and various forms of exercise as they are the cornerstone of managing most conditions.

I apply a mixture of modalities to treat pain, stress such as NLP, hypnotherapy, TFT, quantum touch. I have received training in angel healing and flower therapy which I find very useful tools in my healing repertoire.

What I find rewarding is my clients being empowered and having happier and more fruitful lives.

Users Review

From reader reviews:

Teddy Hathorn:

A lot of people always spent all their free time to vacation or even go to the outside with them loved ones or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity honestly, that is look different you can

read the book. It is really fun for you. If you enjoy the book you read you can spent the entire day to reading a reserve. The book Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! it is quite good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to develop this book you can buy the particular e-book. You can m0ore simply to read this book out of your smart phone. The price is not too costly but this book possesses high quality.

Jacqueline McArdle:

Your reading 6th sense will not betray you actually, why because this Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! guide written by well-known writer who really knows well how to make book that could be understand by anyone who read the book. Written throughout good manner for you, still dripping wet every ideas and creating skill only for eliminate your own personal hunger then you still hesitation Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! as good book not just by the cover but also through the content. This is one book that can break don't ascertain book by its handle, so do you still needing an additional sixth sense to pick this specific!?! Oh come on your reading sixth sense already told you so why you have to listening to another sixth sense.

Mary Perez:

That book can make you to feel relax. This particular book Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! was vibrant and of course has pictures around. As we know that book Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! has many kinds or variety. Start from kids until teens. For example Naruto or Investigator Conan you can read and think you are the character on there. So , not at all of book are generally make you bored, any it offers up you feel happy, fun and loosen up. Try to choose the best book for yourself and try to like reading that.

James Jones:

A lot of guide has printed but it is unique. You can get it by internet on social media. You can choose the most beneficial book for you, science, witty, novel, or whatever by searching from it. It is known as of book Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More!. You can include your knowledge by it. Without leaving behind the printed book, it might add your knowledge and make you actually happier to read. It is most crucial that, you must aware about guide. It can bring you from one destination for a other place.

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