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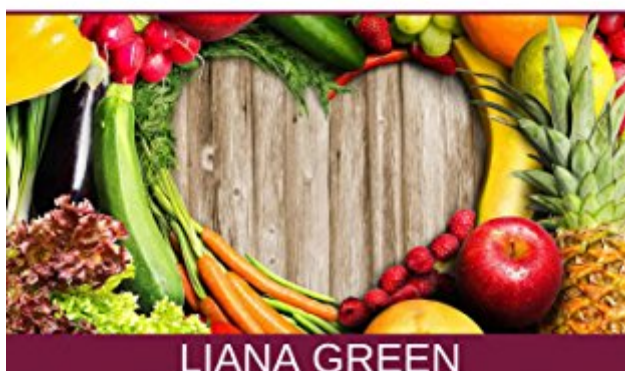
Nutri Ninja Recipe Book: 70 Smoothie Recipes For Weight Loss, Increased Energy And Improved Health (Nutri Ninja Recipes Book 1)



NUTRI NINJA

Recipe Book

70 Smoothie Recipes



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Synopsis

Nutri Ninja Recipe Book - 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved Health
The Nutri Ninja Pro Blender is a powerful 900 watt blender capable of extracting nutrients and vitamins. Capable of blending all fruits and vegetables whilst crushing ice, seeds and skins to create delicious smoothies for you to enjoy.
Why Read The Nutri Ninja Recipe Book?
• Increase your energy levels and feel great about yourself
• Improve your health
• Perform better in workouts and sporting events
• “ reach peak fitness
• Look amazing with clear skin, vibrant eyes and be your perfect weight
• Live the life you deserve
• “ wake up in the morning with endless energy!
Make the very same recipes I have researched and tested out to;
• Lose weight and look great
• Train for a marathon
• Improve my children’s health by getting them to drink nutrient rich smoothies. I never dreamt they would be consuming spinach, kale and avocados on a daily basis, and enjoying it!
What Recipes Are Included?
With chapters dedicated to weight loss, increased energy, sports drinks, clearer skin, a healthier heart, superfood smoothies, natural remedies, breakfast smoothies, smoothies for kids, there is something for everyone.
The following are a small taster of the 70 smoothie recipes included in the Nutri Ninja Recipe Book;
Berry Peachy Chocolate Velvet Vitamin Vrrrooom Purple Punch Mango Tango The Beetroot Bolt Brazilian Beauty Peachy Lemonade The Anti-Sneeze The Pick Me Up

Book Information

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inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders

Customer Reviews

This book really exceeded my expectations! I'm sure we've all seen recipe books that are nothing more than a boring list of ingredients and directions. Well, not this book! The author gives a lot of great health and nutrition info at the start, which is helpful. And as someone who loves my green juice, I actually got some great ideas from this book - like chilled green tea for a liquid base (I normally just use coconut water). I also enjoyed how all the recipes give you a "why" in term as to why certain ingredients are good for you (like weight loss or better skin). The recipes all have cute names, which is just fun. Overall, this recipe book is a steal at this price! And I'm stoked that I have so many yummy New recipes to try out.

This books makes the beginner smoothie maker want to continue. I bought my blender two months ago and the book that came with it made me overwhelmed and want to send it back. This book showed me just how easy it SHOULD be.

I like this book because the author doesn't stick to strict amounts for the ingredients in each smoothie. You can adjust the amounts of each ingredient to suit your taste, and if you don't have an ingredient you can just leave it out. Also, most of the ingredients are things we actually know, no going to a health food shop to try to find something you've never heard of just so you can make a smoothie. She also doesn't make outrageous health claims, she actually advises seeing a doctor for medical conditions.

There are some good recipes and good information in the book. The index doesn't match the pages so I went through and marked the correct page numbers on the recipes I was interested in. Not a big deal. There are no pics. It's just a basic book.

Fantastic basic book with wonderful recipes! The recipes are sorted by type, depending on what you want your shakes to do for you (high protein/post-workout, weight loss, detox, etc.). Well organized book.

I haven't tried all of the recipes but I like the options I have tried the vitamin vroom which is a green

shake. I make smoothies to get my greens in as I don't like much green food. Lol I also liked the kale crunch another green shake. It even has smoothies for kids :) Though I do have to say there are some that require some more expensive ingredients as I usually don't carry some of the foods in my pantry/fridge. A tip you don't have to use ice if you feel your ingredients. Also I add flax seed and sometimes chia seeds to mine for a little protein and omega 3 fatty acids.

I ordered this as a gift for my niece to compliment her new Ninja processor that she wanted for smoothies. I loved that I sent a digital copy to my Kindle too! I was able to look through some recipes, guess which she would like and bring ingredients as part of the gift too, knowing she would immediately want to try everything out Christmas afternoon. She is eager to start trying EVERY recipe. We are both happy to find some of the reasoning behind using certain ingredients as well and how best to use each smoothie. This was a winner as a Christmas gift. My only problem could not be helped by . Mother nature was not kind to most of the US Christmas week 2015 and the delay in shipping had me concerned the book itself wasn't going to arrive in time for tree time. We lost power and ended up seeking other shelter but the package was on the porch, with some attempt to protect it from the elements when we got back, and thankfully power was restored, so all is well that ends well! The book was a bit damp but not as bad as it could have been, and I'm not going to fault the book for mother nature's wrath.

Bought this with the Nutri Ninja, and has some really good recipes in it!

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Juice) The Nutri Ninja Master Prep Blender Whole Food Cookbook: 101 Delicious Soups, Spreads, Entrees, Desserts & Cocktails For Your Ninja Pro, Kitchen System ... and Ninja Kitchen System Cookbooks Book 2) 10 Day Green Smoothie Cleanse: Lose 15lbs with 10 Day Green smoothie diet For Weight Loss. Weight loss green smoothie recipes, green smoothies: Sip Up, Slim Down ! Lose upto 15 Lbs in 10 Days! Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) 10 Day Green Smoothie Cleanse: Detox Your Body with 10 Day Green Smoothie Cleanse and Lose Weight with Low Carb Cookbook (smoothies, green smoothie recipes, ... cookbooks, smoothies , sugar detox) NUTRIBULLET RECIPES FOR KIDS: 100 Quick and Easy Nutribullet Recipes: Healthy Smoothie Recipes, Nutribullet Recipe Book, Easy Smoothies for Kids, Delicious Smoothie Recipes Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes) SMOOTHIES: Antioxidant Power Super Healthy Smoothie & Ice Kreme Recipes For Kids (Smoothie Recipes, Green Smoothies, Healthy Eating For Kids, Juicing, Vegan, Weight loss) Ninja Master: The Complete Step-By-Step Guide & 51 Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Eating for Life: Your Guide to Great Health, Fat Loss and Increased Energy Nutribullet Recipe Book: Smoothie Recipes For Detoxing, Weight Loss, and Vibrant Health - Look Good - Feel Good - Live Strong

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