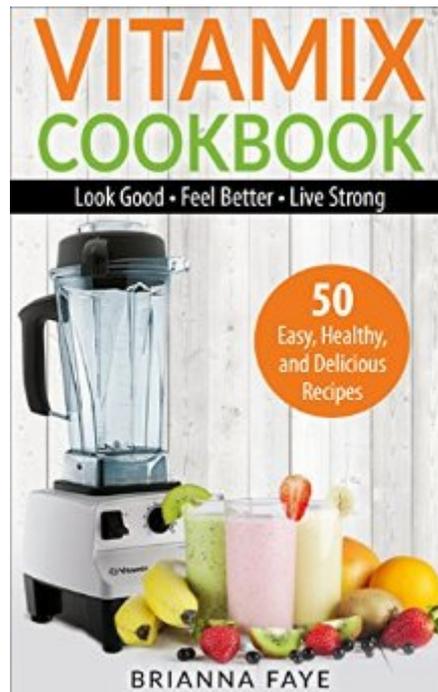


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# Vitamix Cookbook: 50 Easy, Healthy, And Delicious Recipes - Look Good - Feel Better - Live Strong



## Synopsis

Stay Healthy for Life with Your Vitamix Blender! Read this book on your PC, Mac, smartphone, tablet or Kindle device! Read this book for FREE on Kindle Unlimited - Download Now! In Vitamix Cookbook, you'll learn how the Vitamix Blender works and how it can transform your life. You'll discover plenty of simple, easy-to-follow Vitamix recipes in this fascinating and life-changing book. With a little creativity, will-power, and a trip through your local produce market, you can make a huge difference in your health! Vitamix Cookbook explains how you can develop a healthy lifestyle by cutting out alcohol and tobacco, getting more physical activity, improving your posture and getting the most out of your Vitamix Blender. With the right diet and lifestyle, you can avoid the Big Four: cardiovascular disease, cancer, respiratory disease, and diabetes. You'll love to try new recipes and create your own with the Vitamix Cookbook. From Lime Cilantro Banana Ginger Smoothies to Lemon Thyme Dipping Roasted Brussels Sprouts Soup, this book offers a huge variety of recipes for you and your family. Here's a preview of what you'll get from this engrossing book: Traditional and modern dessert variations like Pumpkin Pie, Pumpkin Brownies, and Chocolate Wheat Flour Pumpkin Muffins Succulent Smoothies of all kinds like Creamy Orange Cranberry Banana, Coconut Beet Lemon Carrot, and Tofu Banana Pineapple Orange. Delicious and Decadent Desserts such as Cinnamon Vanilla Banana Apple Ice Cream Steaming and Savory Soups like Mozzarella Ciabatta White Bean Tuscan Tomato and Chicken Cabbage Popular and Energizing Drinks like Orange Tequila Grand Marnier Lemon Cocktail and Lime Orange Banana Pineapple Coconut Hearty Dinners such as Polenta Mushrooms Kale, Honey Pecan Butter Bacon Parsley Butternut Squash Puree, And Carrot Garam Masala Ginger Strain Read this book for FREE on Kindle Unlimited - Download Now! Don't wait another minute to get the nutrition your body needs - Download Vitamix Cookbook right now! You'll be so happy you did!

## Book Information

File Size: 2065 KB

Print Length: 72 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 19, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01D7QB6U6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #59,631 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #20 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #62 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Cookbooks, Food & Wine

## Customer Reviews

Vitamix Cookbook has made it a point to explain to its readers how Vitamix Blender works and how it can be used in providing nutritious wonders to families. And what is even more amazing is the collection of recipes found here. From smoothies, desserts, soups, drinks, to delicious dinner ideas, they are all here. This is indeed a practical purchase.

I had a chance to order the Vitamix cookbook with 50 easy recipes from using my Prime account it arrived within minutes of paying for the purchase my electronic account. I have an Android and I use the Kindle for Android for Samsung to be able to read my ebook mom uploaded it usually no problem I was able to open it and read my book with no issues whatsoever. The book is an Easy-to-Read how to do food diet way of life if you're looking for some good smoothies or shakes or ways to incorporate veggies into it and the Vitamix definitely the way to go. Vitamix emulsifies is the vegetables and the fruits are so you don't lose any nutrients at all. This is a pretty easy to do you need to go at an easy to follow the recipes are awesome I love the fact that a lot of these recipes incorporate vegetables into fruit smoothies I definitely love the pineapple drink and the mango drink they're definitely my favorite things to do on a regular basis if you're looking for a way to cleanse your body or to do a cleanse and Natural Cleanse definitely juicing or emulsifying is the way to go this is definitely a book to read definitely a book to have on your shelf or any of your future recipes. I would definitely recommend this to anybody who wants to maybe lose weight or make them feel healthier I go into the natural fruits and vegetables. Disclaimer I received this ebook for free to give an honest and unbiased review of this item. I am giving my honest opinion of what I have read on this item.

I absolutely love my Vitamix and use it on a daily basis for smoothies, baby food, and pesto. After almost two years I have been having a hard time finding new recipes that I can use. I fell into a rut with my recipes and figured this would be a good way to spice things back up! Ok, so I have to say I love the recipes but more so love how the book starts out with telling you how to live a healthy lifestyle. Things like how to build your immune system, decrease inflammation, healthy skin, healthy weight, hydration, and much more. The book is very easy to read and makes things very simple and easy to understand. My favorite recipes have got to be the smoothies as I drink them often but it gets me thinking outside the box. A lime, cilantro, ginger, banana, smoothies? Say what?! It's a great book with simple recipes and easy to follow directions. You can even go crazy and add new things to the recipes to spice things up! Happy blending!! I received this E book for free for my honest review. My opinions are my own and not influenced in any way.

I have owned a vitamix for about 8 years now. I know I have not used it to its full capacity since we brought it into the house. So I was really excited when I was able to get this vitamix cookbook. What a treasure trove of recipes are in this book. There are 50 wonderful, and delish ways to keep you eating clean and keep you healthy. This is just what my family needs to be able to start out way to getting fit and losing weight fast. This is an e book that I received for my kindle, so I can take it anywhere with me. Unlike books with pages I won't spill or drip anything on my pages. I can take it on vacation with us and pack my vitamix so we can stay eating and drinking healthy where ever we go. My son loves smoothies it really is one of his most favorite things, so I was happy to see so many smoothie recipes in here. I have found this book very useful and will continue to find all that I find within this book even more useful in the future. I received this product at a discounted rate for my honest and unbiased review of it, however that does not mean that my opinions are not 100% my own.

Simple recipe book that I can validate works great with the Vitamix as I own one! Many different recipes in here that I have yet to see, even in my Vitamix Cookbook that accompanied my blender. There are choices for breakfast, smoothies, lunch and dinner recipes. A lot of smoothies, soups, purees, sauces and a few cocktails. This is an E-book and I do not use a kindle for it, but these are flat out recipes with amounts and how-to! There are no pictures! Great intro telling you nutritional tidbits and such. I was mesmerized by the recipe calling for dandelions as well the honey pecan butter bacon parsley butternut squash purée! Yes, all in one title! I have tried a few smoothies and this format is convenient for phone/tablet and such and really don't miss the pictures since I can eat

anything and am not affected by colors so this works for me. 4 star rating is for the lack of a recipe index anywhere in thisâ€”need to go through all the pages and find what appeals to youâ€”I wind up doing tons of screen shots for me to refer to since moving around this isn't that easy.SUMMARY: A nice picture-less ebook that offers recipes for breakfast, lunch, dinner and snacks that work with Vitamix. Nice thorough intro delving into health benefits but book misses an index of recipes which I strongly rely on. Format is not for everyone, but works for meâ€”just wish it had that index for easier finding.

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