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Nutri Ninja Recipe Book: 70 Smoothie Recipes For Weight Loss, Increased Energy A



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? â €¢ Increase your energy levels and feel great about yourself â €¢ Improve your health â €¢ Perform better in workouts and sporting events â €¢ reach peak fitness â €¢ Look amazing with clear skin, vibrant eyes and be your perfect weight Live the life you deserve â €¢ wake up in the morning with endless energy! Make the very same recipes I have researched and tested out to; â €¢ Lose weight and look great â €¢ Train for a marathon â €¢ Improve my childrenâ€™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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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 terms 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 book 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 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 or the book for mother natures wrath.

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

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