



Blender Recipes 31 Juicing Blender Recipes For Weight Loss Smoothie Blender Recipes

By Juliana Baldec

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 154 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This is a compilation of 2 blender recipes books with 31 wonderful and delicious blender recipes for weight loss (juicing and smoothie blender recipes) that you can make with your Nutribullet or any other high speed blender like the Vitamix, Ninja, or any other blender and/or juicer like Breville and Greenstar. Juliana will show you how she uses her favorite powerful hi-speed smoothie maker, the Nutribullet, (but you can use any other high speed blender and/or juicer) to tear through radish, kale, cauliflower, zucchinis, asparagus, ginger, cucumbers, carrots, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries and other fruits and veggies, transforming them into these delicious juices, vitality elixirs and weight loss smoothies. Juliana shows you how to keep the healthy nutritious pulp inside the glass. Juliana has the lifestyle of clean drinking and eating down to a science and shows you how you can go into your kitchen, make a high speed blender juicing recipe, clean up and be out in most of the cases in about 5 minutes max. She shows you some amazing...



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