



Nutribullet Recipes: 50 Best Smoothie Recipes for Rapid Weight Loss, Anti-Aging and Endless Energy (Nutribullet recipe book, Nutribullet)

Cindy Williams

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You're About To Discover The 50 Most Delicious Smoothie Recipes Out There

Weight Loss, Anti-Aging And High Energy

This book is filled with information on the best kind of smoothies to make for weight loss, anti-aging means as well as for energy levels. It provides fifty different smoothie recipes which are easy to make and tasty to drink.

Looking for a guide for navigating the world of smoothie recipes? This book will be your first step and more!

What makes smoothies so attractive and appealing to a person's diet plan? The answer to these enquires are multifaceted

- They are easy to make as well as to drink.
- They do not involve hours of preparation, rather you can whizz one up in a matter of minutes.
- This makes them perfect for people on the go.
- A person can just throw in a variety of ingredients into the trusty blender; give it a brief whizz and bam! You have a healthy as well as tasty drink.
- The other major reason why smoothies are such a welcome addition to a diet is the fact that they are filled with nutrients, vitamins and minerals.

- You can add so many different colorful fruits and vegetables to a single drink, meaning that they can be jam packed with a whole array of nutrients.
- You can also hide the flavor of ingredients you wouldn't necessarily enjoy ingesting under an array of other flavors. For example, tofu under the delicious tastes of blueberries or kale under the taste of vanilla.
- Smoothies are great for weight loss, combating the effects of age as well as for giving energy boosts.

A Small Preview...

- Learn about the benefits of smoothies
- Learn about what smoothie recipes are best for weight loss
- Learn about tasty smoothie recipes that are great for fighting against the effects of aging.
- Learn about delicious smoothie recipes that will effectively boost your lagging energy levels in a healthy way
- Learn about the amazing benefits of smoothies to the inside and outside of your body
- Learn how to make over forty tasty and healthy smoothie recipes
- Learn about the numerous benefits of common smoothie making ingredients
- Learn how smoothies can help you find health, weight loss, great skin and happiness in life.
- Much Much More

What Others Are Saying

"I would recommend this to anyone who wants to have a fit body, healthy skin, longer energy. The recipes are also not hard to understand, in fact, they're quite easy to follow. This is definitely a well presented book. Can't wait to try another smoothie later. :) " -Martina Brooks

"What I really like most about smoothies is that, they are very easy to make and don't take up much time at all. I tried some of the recipes, like the blueberry and banana smoothies, they were mouthwatering. Thumbs up!" - Booklover14

"I recently bought a blender the size of a tumbler so I can easily prep up the recipes in this book and bring it whenever I go. I'm definitely recommending this book to all diet aficionados out there!" - Adam Laurel

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Martha Williams:

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