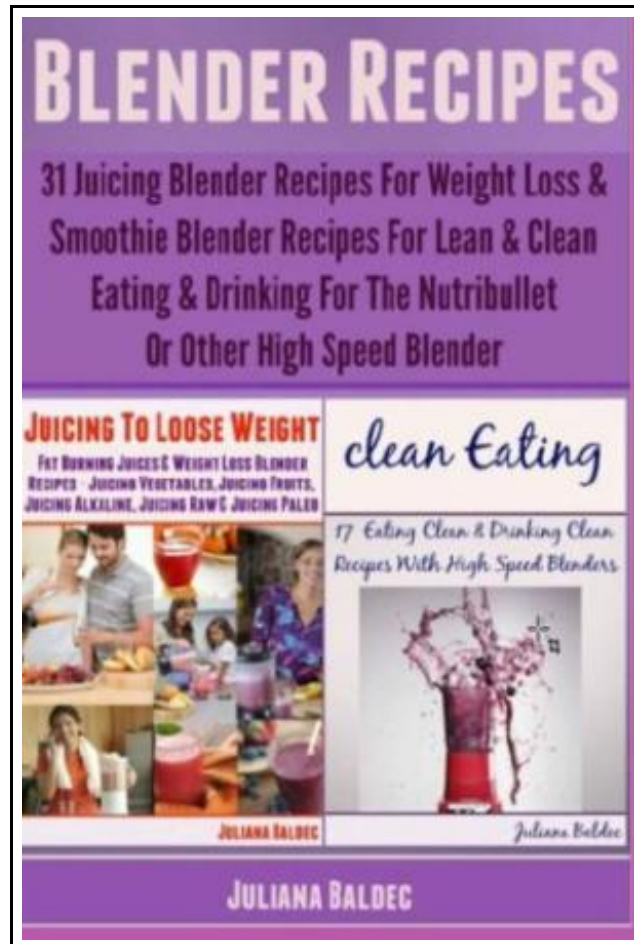


## Blender Recipes 31 Juicing Blender Recipes For Weight Loss Smoothie Blender Recipes



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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 high-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 recipes that are boosting your immune system, restoring your body's natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing some weight and become lean, burning fat, and many health benefits! Applying all of these recipes in combination with her secret morning elixir (which is included in this compilation), a daily consumption of smoothies, and a light nutritious meal plan, Juliana was...

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