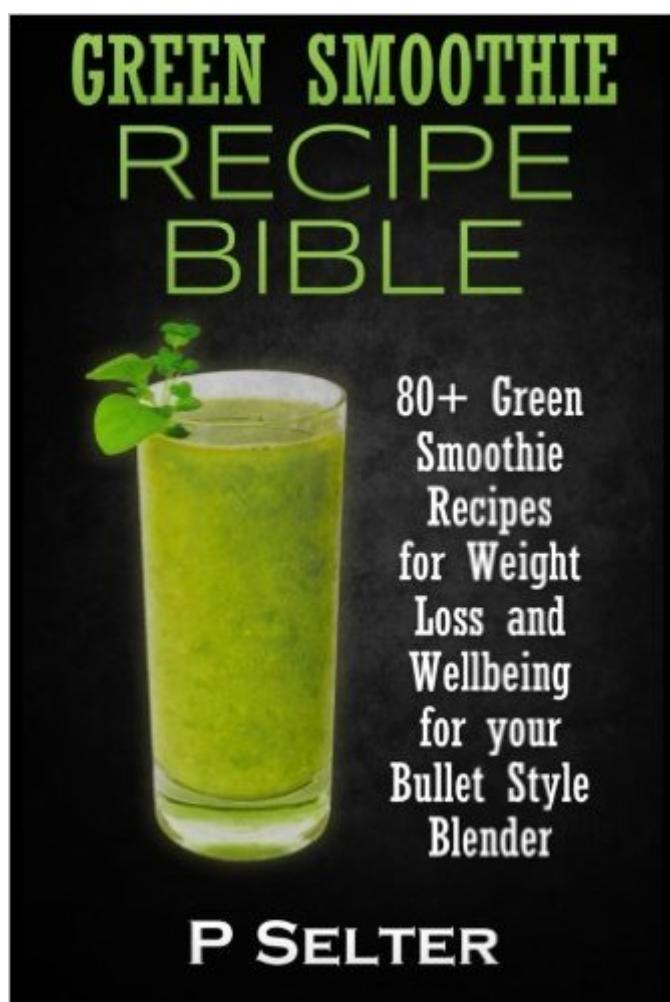


The book was found

Green Smoothie Recipe Bible: 80+ Green Smoothie Recipes For Weight Loss And Wellbeing For Your Bullet Style Blender



Synopsis

Let me ask you a few quick questionsâ | Do you find yourself lacking time to prepare healthy meals? Do you want to feel energized, happy and healthy every day? Do you want a plethora of delicious recipes at your fingertips? If you answered yes to any of the above then the Green Smoothie Recipe Bible is a must read. Here is A Preview Of What The Green Smoothie Recipe Bible Contains: The benefits of green smoothies My tips when it comes to making the most delicious smoothies & juices Over 80 recipes to make healthy, convenient and tasty smoothies today!

Book Information

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Average Customer Review: 4.5 out of 5 starsÂ | See all reviewsÂ (25 customer reviews)

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Customer Reviews

I recently purchased a NutriBullet and I've been looking for recipes to try with it. Luckily I found this book. It has so many recipes to choose from that I feel like I'll never run out. Also, if you're new to juicing make sure to read the helpful tips at the end. Thanks for making this book... and just at the right time for me.

More and more of these green smoothie books show up, but I find this one poorly edited, not intuitively laid out. I think, in the end, that green leaves and any combination you like of fruit and most vegetables (to taste) is the answer. I glanced through this, but don't believe I'll pay much attention to it. Too many similar recipes, and too many asking for specific items that start making the whole process of dieting and becoming healthier too expensive to pursue.

Finally I can eat healthily without it feeling like a chore! You can easily get your five fruit and veg for

the day in one smoothie and the ones I've tried have been delicious and the ingredients all work really well together; particularly the heavenly chocolate smoothie (which is healthy, I promise!) The benefits of each smoothie and its ingredients are explained and the instructions for making it are incredibly easy to follow. Each smoothie took very little time to make and was very easy to do. The book is also split so that you can make the smoothie appropriate for your needs whether it be detoxing, losing weight or getting clearer skin. If you're like me and want to be healthier but equally don't want to lose out on taste or time, you will love this book!

This book acts as a collection of delicious smoothies & juice recipes where you can set your fruit and vegetables in blender for making super hot and healthy juices. Nicely explained most of the tips and tricks that might be helpful to make green smoothies. Awesome 80 recipes to make healthy, convenient and physical fitness!

I thought I was buying a book of recipes for the nutrininja not the nutribullet. But I'm going to try the recipes in my nutrininja. I also would have liked a list of groceries at the beginning of the book to let me know all what I need instead of having to go through the recipes to get the ingredients. But it was only \$2.99 so I haven't lost much.

Absolutly awesome, this book got so many good recipes with cool names. Making smoothies and juices each day is a remedy by itself. You will figure that out when you'll read the benefits of the smoothies in this book. (Yeah for Real!) The idea of putting the Buffs from the Drinks is brilliant!

I bought this book because I had trouble finding recipes for my NutriBullet. This book definitely helped. Now I have quite a large list of recipes that are all located in one spot. Rather than searching all over the internet trying to put together my list of recipes I can just crack open this book and there ya go. I recommend you get this book because it's packed with tasty recipes.

I loved this book, it provides you a lot of different smoothie recipes. I especially loved Mood boosting green juice it's so delicious and gives you great boost in energy. I would recommend this book to anyone who wants to make healthy and delicious smoothies!

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