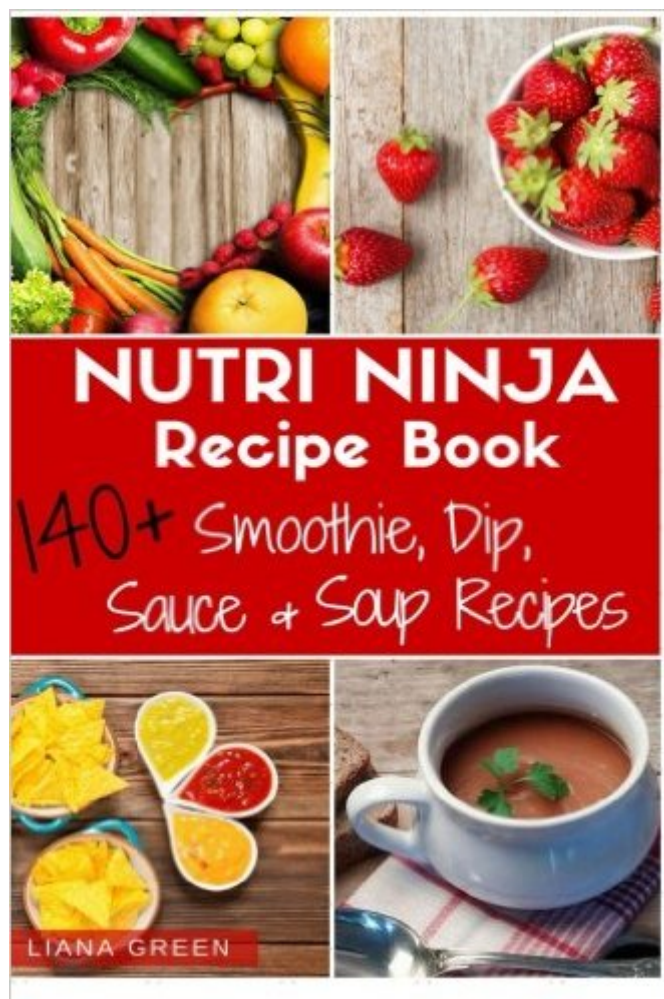


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# Nutri Ninja Recipe Book: 140 Recipes For Smoothies, Soups, Sauces, Dips, Dressings And Butters



## Synopsis

Nutri Ninja Recipe Book 3 recipe books in 1 for your Nutri Ninja (with over 140 recipes!) Just one of many five star reviews; - Michelle Schofield "On purchasing my Ninja I was a little disappointed in the recipes so I went to to see what I could find and found this brilliant book by Liana Green its informative uses everyday ingredients and explains the benefits. It also gives you alternatives that can be used I love it " Includes the best selling; Nutri Ninja Recipe Book - 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved Health Nutri Ninja Recipe Book - 30 Delicious Soup Recipes Nutri Ninja Recipe Book - Sauces, Dips and Spreads for your High Speed Blender Smoothie Recipes Include; Berry Peachy Chocolate Velvet Vitamin Vrrroom Purple Punch Mango Tango The Beetroot Bolt Brazilian Beauty Peachy Lemonade The Anti-Sneeze The Pick Me Up Soup Recipes Include; Carrot and Ginger Thai Green Curry Cool Avocado Pea and Mint Classic Chicken Garlic Lentil Tomato Sauces and Dips Recipes Include; Roasted Red Pepper Dip Barbecue Sauce Green Pesto Hummus Tahini Paste Peanut Butter Chocolate Spread Thai Red Curry Paste Jamaican Hot Pepper Sauce Sweet Chilli Dip

## Book Information

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Average Customer Review: 3.5 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #469,620 in Books (See Top 100 in Books) #87 in [Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders](#) #374 in [Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#)

## Customer Reviews

This is more than just a recipe book. It is also like a manual on making smoothies. After reading it you have useful information on how to make smoothies, the tools/equipment to use the fruits and veggies to choose. The author goes further and informs the reader on the nutritional benefits of the main ingredient used in each smoothie. She also explains why you should use smoothies instead of other forms of preparing meals and refreshments, and what you should put in them. Also useful are

the tips the author provides on a healthy lifestyle. Nothing new but a necessary reminder that food alone does not make a healthy person. You need a balanced diet, exercise, enough sleep. However, for other truly enjoyable and fun-giving smoothie recipes the reader may also want to try these: <https://www..com/dp/B01FG7J9VW>

Ah, so many tasty things to make in this little book! The Avocado Dip was a real treat for me as I'd never really thought about using my Nutri Ninja for something like that. It's a big hit at my house! I also really like how you get all the extra info in the book, like the nutritional tips. Really makes it more than just your average recipe book. Can't wait for more awesome recipes.

Will try several of the recipes. What a great way to get more greens by adding them with fruit. Most recipes call for spinach, kale, or romaine.

Not very useful. Most are reconstruction of existing recipes.

Did not find any recipes that I would make so deleted.

Basically a little better than the smoothie recipes

No pictures. A bit disappointed.

Very happy with the product

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