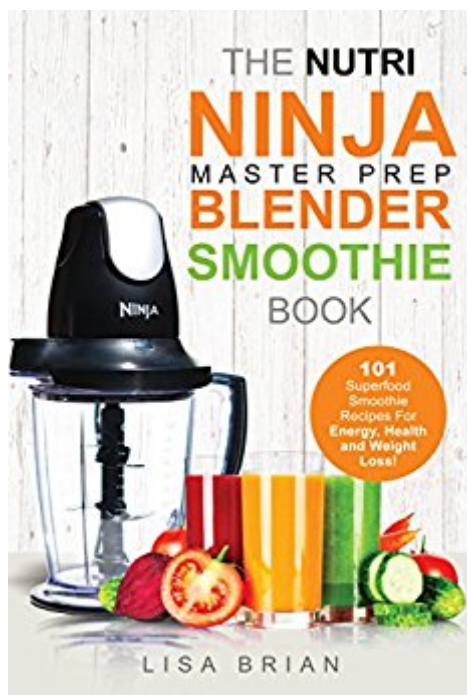


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# Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy And Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, And Ninja Kitchen System Cookbooks)



## Synopsis

Get a quick start with your Ninja blender and meet your goals for better health! This book is the first in a series for the Nutri Ninja Pro, Ninja Master Prep, and Ninja Kitchen System Blenders. The book features 101 Superfood Smoothies designed for various health conditions and lifestyles. The Nutri Ninja Blender Smoothie Book contains:

- 101 Superfood Smoothies for a variety of health conditions and lifestyles
- Sweet smoothies
- Green smoothies
- Weight Loss smoothies
- Detox smoothies
- Anti-Aging smoothies
- Kids smoothies
- Instructions for making the best smoothies you've ever tasted
- Pro tips for using the Ninja series of blenders

Are you interested in attaining better health by drinking delicious smoothies? Then this book is for you. All of our smoothie recipes are designed for specific health and lifestyle benefits.

## Book Information

File Size: 4047 KB

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Cookbooks, Food & Wine > Cooking by Ingredient > Fruits

## Customer Reviews

This is the first smoothie book I have seen that includes serving and nutrition info for EVERY recipe! I've bought a lot of generic smoothie recipe books in the past, but this one has definitely been more

useful to me because I can monitor how much protein and fat I'm consuming with each glass. I'm also really happy with the recipe list -- I typically hate green smoothies, but the ones in this book made me rethink that. Definitely happy with this one!

My husband was diagnosed with cancer and started radiation on his throat. I ordered this to be able to make him smoothies while he is going through treatment. I had him highlight the ones that he thought looked good and he highlighted almost the entire book. There are a LOT of good recipes in here.

Just made my first smoothie. Bought one of those fresh fruit combo cups at my local grocery store. Strawberries, orange, and kiwi. Added ice cubes and a little water. Pretty good. This blender had the iq blend setting and it does all the work for you..blends then pauses, then starts up again, then pauses allowing things to settle at the blades then stays up again...loud! But very effective. Can't wait to try more recipes!

This kitchen gadget queen loves it - processes really good smoothies and granitas as well as pseudo jamba juice and fruit/veggie blend drinks; does wonders for salsas, hummus, sauces, etc.

Has a lot of great recipes, but was disappointed there were no pictures to give me an idea about recipes.

Excellent book on creating things with the blender, especially if your culinary imagination needs "shoring" up

Has a lot of great recipes in it! Many I wouldn't have thought of on my own, so it's nice to be able to mix things up a bit!

The recipes are good, and I like that they are separated into chapters according to the benefits of health. I also enjoyed the blurbs she included about each one. There are a number of typos and a few ingredients mentioned in the blurbs that are not in the recipe. However, I like this book much more than others if you are using the Nutri Ninja Auto IQ. I recommend this recipe book.

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Health, Energy and Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) The Nutri Ninja Master Prep Blender Whole Food Cookbook: 101 Delicious Soups, Spreads, Entrees, Desserts & Cocktails For Your Ninja Pro, Kitchen ... Ninja Kitchen System Cookbooks) (Volume 2) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) Nutri Ninja Recipe Book: 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved Health (Nutri Ninja Recipes Book 1) Ninja Recipe Book: Quick, Easy And Delicious Ninja Smoothies For Your Ninja Professional Blender (Ninja Bullet Recipe Book, Ninja Blender Recipe Book, ... and Smoothies for Weight Loss Book 1) Ninja Blender Recipe Book: Lose Weight And Shred The Pounds Fast With These Delicious And Healthy Ninja Blender Recipe Book Recipes You Can Make ... Recipes, Ninja Blender Cookbook) (Volume 1) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Nutri Ninja Recipe Book: Smoothie Recipes - 50 Delicious, Easy, and Healthy Smoothie Recipes â “ Look Good â “ Feel Better â “ Live Strong (Smoothie Bible) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet)) (healthy food for everyday Book 5) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Nutri Ninja Recipe Book: 70 Smoothie Recipes for Weight Loss, Increased Energy a Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Superfoods Smoothies Bible:

Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Badass Blender Body: Stop Chewing Start Losing: (Weight Loss Smoothie Recipes) (Coconut Oil, Detox, Green Smoothie Recipes)

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