



## The Personal Blender Recipe Book: 100+ Personal Blender Smoothies That You Can Use for Good Health Weight Loss - For Breville Blend Active, Oster, Hamilton, Nutribullet Other Single Serve Blenders (Paperback)

By Ana Smuthers

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Personal Blender Smoothie Recipes-for Delicious, Nutritious Easy Smoothies! This personal blender recipe book works perfectly with: Breville Blend Active, Nutribullet, Philips, Duronic, Morphy Richards, Russell Hobbs, Vitamix, Nutri Ninja, Hamilton Beach, Oster, Ninja Master Prep, BELLA and others Over 100 Blend Go Recipes to help you lose weight, increase energy and enjoy good health. Pop these smoothie ingredients into your Blend-Active or other Personal Blender, then process and enjoy mouthwatering goodness. The Personal Blender Recipe Book serves up over 100 delicious and nutrient-dense one-person-portion smoothies using the most natural ingredients. Whether you re going to work, gym, to the car or simply at home, in seconds you will be blending and enjoying a smoothie to your liking! Smoothie expert author, Ana Smuthers loves these smoothies-and I m sure you ll love them too. As a smoothie nut, she shares her life-changing Personal Blender Recipe Book with over 100 tasty smoothies. Additionally, Ana shares her personal guidelines for making the best personal smoothies that you could ever make. Every smoothie recipe is created to enrich your body with essential...



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