



Blender Recipes for Weight Loss: 16 Blender Recipes for the Smoothie Diet Detox Diet

By Juliana Baldec

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This blender recipes for weight loss can be made with your favorite high speed blender like the Ninja Blender, Nutribullet, Vitamix or any similar high power blender. Juliana will show you how she uses powerful hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds, broccoli, papaya, avocado, pecan nuts, hazel nuts, peanut butter, kefir, coffee, mango, coconut water, blueberries other lean clean detox and weight loss food ingredients and transforms them into these heavenly tasty smoothies when she is done. With these amazing blender recipes for weight loss, Juliana shows you how to keep the nutrition inside the dish and the healthy pulp inside the drink. She has the lifestyle of clean and lean smoothie drinks down to a science and shows you how you can go into your kitchen, make a high speed blender recipe, clean up and be out in most of the cases in about 5 minutes max. Preparing...

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