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Blender Recipes: Clean Eating Snacks You Can Make with Your Favorite High Speed Blender (Paperback)

By Juliana Baldec

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This is a compilation of 2 clean blender books that you can make with your Ninja Blender, Nutribullet, Vitamix similar high speed or high power blender. Juliana will show you how she uses powerful and 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 other clean food ingredients and transforms them into these heavenly tasty smoothies when she is done. With these amazing clean eating drinking recipes, Juliana shows you how to keep the nutrition inside the dish and the healthy pulp inside the drink. She has the lifestyle of clean eating 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 her clean drinking recipes takes her most of the times only 5 minutes of prep time then another 5 minutes or so of cleanup....


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