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A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters,

and nutritional add-ons for every recipe. The Blender Girl takes smoothies to the next level in this comprehensive guide, helping you blast your way to good health and blended bliss. These 100 creative and delicious recipes are designed to fit your every need, whether you want to detox, lose a few pounds, get energized, or guard against seasonal colds. Each smoothie has three optional boosters (like chia seeds, ginger, coconut oil, or wheat grass) that allow you to ramp up flavor, nutrient value, or both. Featuring gorgeous photography throughout, a smoothie pantry that demystifies unusual ingredients, icons to identify smoothies that fit your particular dietary needs, and strategies for achieving smoothie success, this accessible handbook makes it fun and easy to find your perfect blend. Jen Hansard and Jadah Sellner are on a fresh path to health and happiness—deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand—from losing 27 pounds to getting more energy. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Get ready to join the plant-powered party! Nutri Ninja Recipe Book - 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved Health

The Nutri Ninja Pro Blender is a powerful 900 watt blender capable of extracting nutrients and vitamins. Capable of blending all fruits and vegetables whilst crushing ice, seeds and skins to create delicious smoothies for you to enjoy. Why Read The Nutri Ninja Recipe Book?* Increase your energy

levels and feel great about yourself * Improve your health * Perform better in workouts and sporting events - reach peak fitness * Look amazing with clear skin, vibrant eyes and be your perfect weight * Live the life you deserve - wake up in the morning with endless energy! Make the very same recipes I have researched and tested out to; * Lose weight and look great * Train for a marathon * Improve my children's health by getting them to drink nutrient rich smoothies. I never dreamt they would be consuming spinach, kale and avocados on a daily basis, and enjoying it! What Recipes Are Included?With chapters dedicated to weight loss, increased energy, sports drinks, clearer skin, a healthier heart, superfood smoothies, natural remedies, breakfast smoothies, smoothies for kids, there is something for everyone. The following are a small taster of the 70 smoothie recipes included in the Nutri Ninja Recipe Book; Berry Peachy Chocolate Velvet Vitamin Vrrrooom Purple Punch Mango Tango The Beetroot Bolt Brazilian Beauty Peachy Lemonade The Anti-Sneeze The Pick Me Up Green smoothies are a fast, convenient and healthy way to get in as many essential nutrients into your everyday lifestyle. Making green smoothies takes as much time (usually way less time) to get fast food or take away but drinking green smoothies will make you feel revitalized, less stressed and much more healthy overall. In Green Smoothies For Life: 100+ Green Smoothie Recipes For Good Health, you'll learn: - The secrets to making a great tasting green smoothie every time - Why you shouldn't worry about the sugar content of the fruits added - Choosing the best blender or juicer for your needs - How to choose your produce - How to take care of your produce - Ingredients you can substitute because of allergies, medical conditions, unavailable stock etc. - The fruits and vegetables that you should always buy organic - Superfoods and boosters that you can add to your green smoothies - Green smoothie recipes for weight loss, detox, meal replacement & much more! Every recipe has been categorized for your convenience as well as having an accompanying index at the back of the book. Also included with every smoothie recipe are some nutritional values for the more diet conscious. Green smoothies are a fast, convenient and

healthy way to get in as many essential nutrients into your everyday lifestyle. Making green smoothies takes as much time (usually way less time) to get fast food or take away but drinking green smoothies will make you feel revitalized, less stressed and much more healthy overall. In *Green Smoothies For Life: 100+ Green Smoothie Recipes For Good Health*, you'll learn: - The secrets to making a great tasting green smoothie every time - Why you shouldn't worry about the sugar content of the fruits added - Choosing the best blender or juicer for your needs - How to choose your produce - How to take care of your produce - Ingredients you can substitute because of allergies, medical conditions, unavailable stock etc. - The fruits and vegetables that you should always buy organic - Superfoods and boosters that you can add to your green smoothies - Green smoothie recipes for weight loss, detox, meal replacement & much more! Every recipe has been categorized for your convenience as well as having an accompanying index at the back of the book. Also included with every smoothie recipe are some nutritional values for the more diet conscious. Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, *Simple Green Smoothies*, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. *Simple Green Smoothies* includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. *Simple Green Smoothies* will empower you to take control of your health in a fun, sustainable

way that can transform you from the inside out. Ready to join the plant-powered party? *Healthy Smoothie Recipes for Chronic Pain 2nd Edition* teaches you how to develop anti-inflammatory smoothie recipes. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat pain naturally. *Healthy Smoothie Recipes for Chronic Pain 2nd Edition* also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious anti-inflammatory smoothies. Introduction In today's fast world, we barely get a time for ourselves. It becomes quite easy to forget to eat healthy food, because of this unhealthy habit we experience lot of immunity issues like weakness, skin problems, weight problems and allergies etc... To overcome these problems, our body needs nutrients. So question is that how will we get these nutrients easily? Answer to this question is smoothies. Smoothies are fantastic not just for their taste but also for the healthy reasons, they are very rich in nutrients and minerals. They are also easy to make. This book provides simple yet powerful smoothie recipes for healthy body, so enjoy these delicious and healthy smoothie recipes. Reasons to buy this book 1. This book will give you top 25 delicious smoothie recipes. 2. This book is superb!! Smoothies are naturally packed with superfoods and antioxidants from fresh fruits and vegetables, making them the easiest and tastiest way to improve your health, and get glowing skin and hair! The Smoothie Recipe Book will make it easy to start enjoying smoothies on a daily basis and to get an extra boost of vitamins, nutrients, and antioxidants so that you can start losing weight right away! So go ahead and get instant access!! Having diabetes does not mean you are not able to enjoy a nice smoothie from time to time. In fact, this smoothie recipe book is going to showcase some of the finest options in front of you to make the most of. Kelly Jones brings to a great smoothie cookbook for diabetics in the modern age. It does not get better than this! *Healthy Smoothie Recipes for Detoxification 2nd Edition* teaches you how to develop smoothie recipes for natural detoxification. This smoothie recipe book will

help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to detoxify naturally. Healthy Smoothie Recipes for Detoxification 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious detox smoothies. Delicious smoothies--100% free of gluten, dairy, and refined sugar! Think Paleo and smoothies don't mix? Think again! Now, you can enjoy the quick burst of energy and nutrition that comes from the easy-to-make pre-/post-workout drink--without any of the gluten, dairy, or refined sugar! This cookbook shows you how to blend 150 Paleo smoothies right in your own home, so that you never have to worry about what else is in your drink. Whether you're interested in cleansing your body or just need an extra boost of energy after an intense workout, each section offers a delicious blend of all-natural fruits and vegetables that will keep you full throughout the day. Featuring step-by-step instructions and nutritional data, the recipes make a wide variety of tasty Paleo smoothies, including: Pineapple sunshine smoothie Acai boost smoothie Vanilla coconut cream smoothie Kale power smoothie Pumpkin protein smoothie Sweet apple pie smoothie You don't have to give up the vitamin-packed smoothies you love just because you're on the Paleo diet--with Paleo Smoothies, you can have healthy, flavorful smoothies at every meal! Looking for a fast and easy way to boost your health? Go green! Green smoothies are flavorful drinks packed with disease-fighting vitamins and antioxidants. With The Green Smoothie Recipe Book you'll be able to improve the way you look and feel by replacing unhealthy high-calorie foods with nutrient-packed green smoothies. Just by adding a regular green smoothie to your diet, you'll be able to lose weight, fight disease, and increase your energy. The Green Smoothie Recipe Book will show you how to optimize your health with over 100 fast and easy green smoothie recipes. The Green Smoothie Recipe Book will make it easy to make green smoothies a part of your healthy routine, with: Over 100 green smoothie recipes packed with vitamins, minerals, superfoods, and antioxidants Green smoothie recipes for weight

loss, energy, detoxing, improving digestion, beauty, and more

Step-by-step instructions for purchasing a blender, preparing produce and blending your own green smoothie ingredients

A guide to shopping for produce, and when to buy organic

Smoothies for all seasons and occasions, including Berry Basket Breakfast Smoothie, Banana-Walnut Wonder, Cucumber-Melon Cooler, and kid-friendly recipes like Chocolate-Covered Cherry

Whether you want to improve your health, lose weight or detox your system, The Green Smoothie Recipe Book will make it easy to reach your goals. Find out about the quick, easy way to make your diet healthy with Smoothie Power! Smoothies are great, but kids are not going to fall for them unless you can awaken their taste buds. This is one of those smoothies recipe books that is going to ensure your children are coming to you for more. Make the most of this high-quality smoothie recipe book and watch as the results are great. Even you will love a bit of these smoothies from time to time!

Healthy Smoothie Recipes for Allergies 2nd Edition teaches you how to develop smoothie recipes for natural allergy treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat allergies naturally. Healthy Smoothie Recipes for Allergies 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious allergy smoothies. When you need a quick, brain-powering meal or a delicious way to repair and relax, blend up one of these 40 nutrient-rich smoothies to boost your day. There's nothing easier than whipping up a delicious smoothie. It's a foolproof way to get the vital nutrients your body needs in a drinkable, no-fuss meal. This colorful book takes a casual approach to smoothies—there's no need to buy supplements, powders, or mixes. Every smoothie recipe in this book relies on the magical flavors and health benefits of ingredients you can find in any grocery store or specialty market. From perfect breakfast boosts to relaxing tropical blends, post-workout cooling drinks, and treat-yourself desserts without the guilt, there are endless ways to sip your way to feeling good. Each

recipe has a little badge that notes its main benefit: Digestion, Relax, Energy, Immunity, and more. You'll also find a handy guide to the main ingredients found in this collection so you can build up your blending skills and imagine up your own drinks.

CREATIVE RECIPES: You'll find a variety of tasty flavor combinations and unique recipes, like Matcha Avocado Frappé, Mango Turmeric Lassi, and Blueberry Cheesecake. EASY TO MAKE: Included is a smoothie making guide and helpful prep and storage tips so you can make the best drinks again and again.

COLORFUL GIFT: A beautiful package with dynamic illustrations throughout makes this a fun gift for smoothie lovers, those looking for easy breakfast ideas, college grads, and anyone interested in healthy eating. Perfect for: • Fans of smoothies • Health food shoppers • People interested in easy self-improvement • Healthy-ish readers • Busy people looking for easy recipes

Healthy Smoothie Recipes for Weight Loss 2nd Edition teaches you how to develop smoothie recipes for natural weight loss. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to lose weight naturally. Healthy Smoothie Recipes for Weight Loss 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious weight loss smoothies. Healthy Smoothie Recipes for Stress 2nd Edition teaches you how to develop smoothie recipes for natural stress management. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to manage stress naturally. Healthy Smoothie Recipes for Stress 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious stress management smoothies. Healthy Smoothie Recipes for Menopause 2nd Edition teaches you how to develop smoothie recipes for natural menopause treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan

smoothies and herbal smoothies to manage menopause symptoms naturally. Healthy Smoothie Recipes for Menopause 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious menopause smoothies. Satisfy your anytime cravings with a smoothie! On a summer day, after an intense workout, or on a lazy afternoon, nothing refreshes better than a cold smoothie. Unfortunately, it can often take a lot of time and effort to make and enjoy them. But not the smoothie recipes in Healthy, Quick & Easy Smoothies. You won't need more than 10 minutes and no more than 5 ingredients to make any smoothie in this book-and they're all under 300 calories! Healthy, Quick & Easy Smoothies includes these features: 100 mouthwatering recipes for tropical fruit, berry, combination, and green smoothies Complete nutritional data to help with your weight loss goals Expert information from Dana Angelo White, nutritionist for the Food Network, on why smoothies are better than juices and how to best make smoothies Every recipe contains complete nutritional data to help you plan your meals and meet your daily dietary needs. Many recipes also offer modifications you can make-but the healthy, quick, and easy promises never change. And because you have so many delicious smoothies to choose from, your blender is sure to occupy a permanent place on your countertop! The Smoothie Recipe Book makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables. Fill your glass with vitamins that suit your needs and taste how sweet being healthy can be. The Smoothie Recipe Book contains: 30 Recipes for making fresh, delicious fruit and vegetable smoothies-from breakfast smoothies to green smoothies and superfood smoothies Chapter Overviews for choosing the right smoothies for your dietary needs and health goals Helpful Facts for understanding the nutritional advantages of specific fruits and vegetables The Smoothie Recipe Book includes: Breakfast Smoothies, Brain Nourishing Smoothies, Alkalizing Smoothies, Anti-Aging Smoothies, Antioxidant Smoothies, Cleansing Smoothies, Diabetic Smoothies, Digestive Health Smoothies, High-Energy Smoothies, Green

Smoothies, Healthful Skin Smoothies, Kid-Friendly Smoothies, Low-Fat Smoothies, Protein Smoothies, Weight-Loss Smoothies, and much more! Healthy Smoothie Recipes for Diabetes 2nd Edition teaches you how to develop smoothie recipes for natural diabetes treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat diabetes naturally. Healthy Smoothie Recipes for Diabetes 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious diabetes smoothies. Healthy Smoothie Recipes for Eczema 2nd Edition teaches you how to develop smoothie recipes for natural eczema treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat eczema naturally. Healthy Smoothie Recipes for Eczema 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious eczema smoothies. Healthy Smoothie Recipes for High Blood Pressure 2nd Edition teaches you how to develop smoothie recipes for natural hypertension treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat high blood pressure naturally. Healthy Smoothie Recipes for High Blood Pressure 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious hypertension smoothies. Healthy Smoothie Recipes for Weight Gain 2nd Edition teaches you how to develop smoothie recipes to increase weight naturally. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to gain weight naturally. Healthy Smoothie Recipes for Weight Gain 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best

ingredients for your own delicious weight gain smoothies. Healthy Smoothie Recipes for Stress 2nd Edition teaches you how to develop smoothie recipes for natural stress management. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to manage stress naturally. Healthy Smoothie Recipes for Stress 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious stress management smoothies. Delicious smoothies--100% free of gluten, dairy, and refined sugar! Think Paleo and smoothies don't mix? Think again! Now, you can enjoy the quick burst of energy and nutrition that comes from the easy-to-make pre-/post-workout drink--without any of the gluten, dairy, or refined sugar! This cookbook shows you how to blend 150 Paleo smoothies right in your own home, so that you never have to worry about what else is in your drink. Whether you're interested in cleansing your body or just need an extra boost of energy after an intense workout, each section offers a delicious blend of all-natural fruits and vegetables that will keep you full throughout the day. Featuring step-by-step instructions and nutritional data, the recipes make a wide variety of tasty Paleo smoothies, including: Pineapple sunshine smoothie Acai boost smoothie Vanilla coconut cream smoothie Kale power smoothie Pumpkin protein smoothie Sweet apple pie smoothie You don't have to give up the vitamin-packed smoothies you love just because you're on the Paleo diet--with Paleo Smoothies, you can have healthy, flavorful smoothies at every meal! Healthy Smoothie Recipes for Depression 2nd Edition teaches you how to develop smoothie recipes for natural depression treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat depression naturally. Healthy Smoothie Recipes for Depression 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious anti-depression smoothies.

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. Pretty Simple Cooking was named one of the best vegetarian cookbooks by Epicurious and best healthy cookbooks of 2018 by Mind Body Green. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor Healthy Smoothie Recipes for Menopause 2nd Edition teaches you how to develop smoothie recipes for natural menopause treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to manage menopause symptoms naturally. Healthy Smoothie Recipes for Menopause 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious menopause smoothies. Enjoy 100+ refreshing smoothies and juices that promote gut health, glowing skin, heart health, strong muscles, and reduce inflammation from the trusted editors at Prevention. Smoothies and juices are a delicious and easy way to add more fruit and vegetables into your diet and satisfy cravings between meals.

Organized by principal health benefit—gut health, heart health, silky skin, post-workout recovery, and reducing inflammation—every recipe includes a detailed explanation about why it's so good for you. Plus, nutrient-rich ingredients include whole fruits and vegetables like avocados, berries, and kale; fresh herbs like mint, basil, and cilantro; as well as healthy add-ins like collagen peptides, bone broth, celery juice, alternative milks, chia seeds, flax seeds, and hemp seeds, apple cider vinegar, filling proteins like nut butter and protein powders, and prebiotics and probiotics to support your microbiome. Smoothies & Juices: Prevention Healing Kitchen includes: • 100+ healthy and delicious recipes such as Carrot-Coconut Smoothie, Pear-Almond Smoothie, Peaches 'N' Cream Oatmeal Smoothie, Citrus-Pineapple Smoothie, Pumpkin Detox Smoothie, Berry, Chia, and Mint Smoothie, Turmeric Twist, Celery Juice, Banana-Avocado Zinger, Blueberry Cobbler Smoothie Bowl, and more! • No additional equipment needed! All juices as well as smoothies can be made in your blender • Tips and tricks from the test kitchen for easy preparation • Recipes clearly labeled as high in fiber, protein, and calcium, as well as vegan and good for meals on-the-go • Nutritional values for every recipe • Lie-flat binding for easy use

So power up your blenders! A healthier way of eating is only one tasty smoothie away. Healthy Smoothie Recipes for Arthritis 2nd Edition teaches you how to develop smoothie recipes for natural arthritis treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat arthritis naturally. Healthy Smoothie Recipes for Arthritis 2nd Edition also teaches you the vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious arthritis smoothies. Healthy Smoothie Recipes for Arthritis 2nd Edition teaches you how to develop smoothie recipes for natural arthritis treatment. This smoothie recipe book will help you learn how to make protein smoothies, fruit smoothies, green smoothies, vegan smoothies and herbal smoothies to treat arthritis naturally. Healthy Smoothie Recipes for Arthritis 2nd Edition also teaches you the

vitamins, minerals and other nutrients found in various fruits, vegetables, nuts and seeds so that you can choose the best ingredients for your own delicious arthritis smoothies.

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