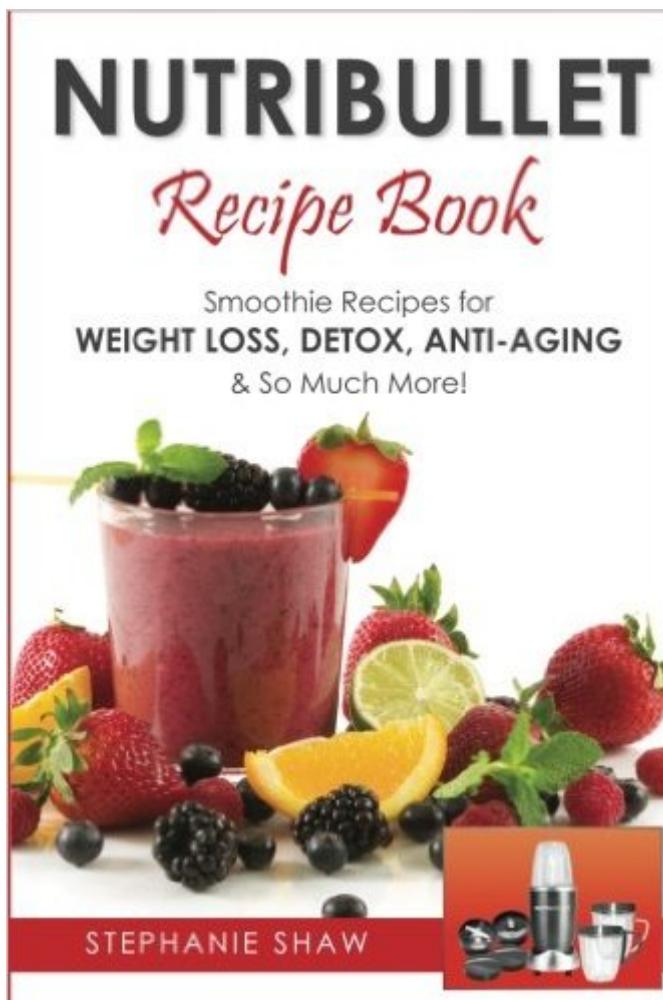


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# Nutribullet Recipe Book: Smoothie Recipes For Weight-Loss, Detox, Anti-Aging & So Much More!



## Synopsis

Grady Harp: Hall of Fame, Top 100 Reviewer, Vine Voice âœStop thinking and start whizzing.âœ Movie Maker "Rik", Vine Voice Just terrific, and well priced! Tons of feel great recipes, but TWO of them are particularly outstanding! Read on! Nutribullet Recipe Book makes it so quick & easy to utilize all of the nutrients that natural foods have to offer in fresh, delicious & tasty smoothies. On the day you start using your Nutribullet you'll receive a huge boost to your body & wellbeing. The boost of vitamins, nutrients, minerals & antioxidants will start restoring you to your natural balance by cleansing & detoxing with the result being that you feel happier & more energetic than you've felt in a long time! As well as feeling amazing & so full of energy, you'll very soon notice the weight dropping off & your skin looking incredibly radiant. Furthermore, you'll find that blood pressure & cholesterol levels will drop to optimum healthy levels. Your organ health, metabolism & immune system will all get that boost that you so much desire. It goes without saying that you'll have a longer, happier & healthy life. All of these benefits (& so much more) in the time it takes to throw a few ingredients into a big cup & with a quick & simple press of a button! Nutribullet smoothies are powerful because they extract every last drop of goodness that your raw & natural produce have to offer. You'll be shocked when you realise how much nutritional value you throw away by taking off the skin, stem & seeds from fruit & veg. Incidentally, this is a great way to get your kids to have their fruit and vegetables with all of the vitamins, minerals & nutrients they need in a very quick & delicious way. They may even enjoy making the smoothies themselves! Nutribullet Recipe Book concentrates on seven main areas of smoothie recipes: Healthy Heart, Detoxification, Weight Loss, Radiant Skin, Energy Boost, Anti-Aging, Super Foods. The Nutribullet recipes include: Chia Seed Rainforest Smoothie, Berry Breakfast Smoothie, Flat Belly Smoothie, Smoothie for Radiant Skin, Shamrock Smoothie, Antioxidant Anti-Aging Smoothie, Raw Mint Chocolate Smoothie, Bananarama Smoothie. Take a step towards a longer, healthier & happier life. A life with more energy, more time & less weight. Your new radiance & that confidence awaits you. You won't regret buying the Nutribullet Recipe Book!

## Book Information

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Best Sellers Rank: #1,670 in Books (See Top 100 in Books) #2 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #5 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

## Customer Reviews

This book is excellent! I am a very happy owner of a Nutribullet, but most recipes that I can find online are pretty standard. They also tend to get old and boring quickly. This book is comprehensive – it starts off with facts about health benefits of smoothies, goes on to explain the best way to make them you’re your Nutribullet, and finally it groups the recipes by their function and purpose, such as recipes for a healthy heart, detox, weight loss, healthy skin, and anti-ageing ones to name a few. My favorite recipes include the Berry Medley, and the Chia Berry smoothie. I will try to make at least one recipe per day and see how it goes. First impressions on this book are great so far, and I am loving it already because the recipes are easy to follow, uncomplicated, and do not require obscure ingredients. The book isn’t full of pictures, which makes it easier to focus on the text, instead of being distracted by images, no matter how delicious-looking they are. I would recommend this book to all Nutribullet fans. It’s definitely a must-read!

I've used a LOT of Nutribullet smoothie recipe books, and these are how my 3 favorites stack up:  
Nutribullet Recipe Book: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So Much More! This book gives you calorie information (important if you're on a diet!), plus fat, carbs, sodium, and fiber. I like how it breaks the smoothies down into categories:  
Chapter 3 - Healthy Heart  
Chapter 4 - Detoxification  
Chapter 5 - Weight Loss  
Chapter 6 - Radiant Skin  
Chapter 7 - Energy  
Chapter 8 - Anti-Aging  
Chapter 9 - Super Food  
I feel like the recipes would taste a lot better if there was more fruit included. Some of them are very green-tasting (if that makes sense).  
NutriBullet Superfood Smoothies: 100 Mouthwatering, Ultra-Healthy, & Super Filling Smoothie Recipes  
You get calorie info, plus info on which nutrients the smoothies are high in. For example: "Very high in Vitamin B6". This is super useful for me, since I don't get enough B vitamins and it can really deplete my energy when I'm low on them.  
The recipes are really, really tasty. I also like how they have fun names like If You Like Pina Coladas... and Minty Green Goblin.  
The recipes aren't broken into categories, which I would have appreciated, but that's okay.  
The Skinny NUTRiBULLET Recipe Book: 80+ Delicious &

Nutritious Healthy Smoothie Recipes. Burn Fat, Lose Weight and Feel Great!There are a lot of recipes included that use ounces. For example: 3 ½ ounces of blueberries. I don't have a food scale, and maybe I should, but I don't. So I have to do a lot of guessing on these recipes. There's no calorie info or any other nutritional info. More guessing. However, the recipes ARE very tasty, and I like how they include plenty of nuts. You don't see that in many smoothie recipe books. I think a tasty smoothie is more important than nutritional info, so this is still one of my favorites. I've lost 10 pounds so far on my smoothie diet (1 smoothie for breakfast, 1 for lunch, then a big dinner!) So I'd recommend all of these books to anyone looking to lose weight in a nutritionally rich way.

Author/chef Stephanie Shaw is an RN by profession but she doesn't stop with traditional medicine in working with her long term patients: her specialty is diabetes. In her role as an RN has emphasize nutrition and exercise and a mixture of modalities to treat pain, stress such as NLP, hypnotherapy, TFT, quantum touch. This excellent book is devoted to her recipes for Smoothies that she informs us are for weight loss, detox and anti-aging and her big secret is that she makes these smoothie with the blender called the Nutribullet: 'it even extracts nutrients from the seeds and stems of the fruits and vegetables, and incorporates them in the smoothie. Proteins, vitamins, omega 3 fatty acids, and minerals, get absorbed in my body and give me an energy boost that keeps me energized all day long.' After a very fine and sophisticated introduction to the health benefits of smoothies (along with a chapter on how to use the Nutribullet she recommends) the divides her book into various sections: Smoothie Recipes of a Healthy Heart - Blueberry and Avocado Smoothie, Chia Seed Rainforest Smoothie, Berry Heart Healthy Smoothie, Green Lemonade Smoothie, Healthy Heart Smoothie, Orange and Berry Smoothie, Berry Pomegranate Smoothie, Heart Improvement Smoothie, Healthy Heart Acai, Avocado Smoothie, and Smart Heart Smoothie; Smoothie recipes for detoxification - Berry Breakfast Smoothie, Super Green Smoothie, Veggie Smoothie, Sweet Spirit Smoothie, Blissfully Tasty Smoothie, Belly Soothing Smoothie, Yummy Green Smoothie, Strawberry Fields Smoothie, Sicilian Smoothie, and Lemon Blueberry Smoothie; Smoothie recipes for Weight loss - Green Slimming Smoothie, Banana Peanut Butter Smoothie, Sweet Spinach Smoothie, Morning Smoothie, Vegan Vanilla Smoothie, Flat Belly Smoothie, Vitamin C Smoothie, Apple and Cinnamon Smoothie, Chia Berry Smoothie, Vitamin Smoothie; Smoothie recipes for Radiant Skin - Smoothie for Glowing Skin, Pretty Pear Smoothie, Berry Medley Smoothie, Green beauty Smoothie, Smoothie for Radiant Skin, Wrinkle Fighting Smoothie, Almond Flax Smoothie, Green Beautifier Smoothie, Beautifying Smoothie, and Almond Milk Smoothie; Recipes for energy boost - Killer Kale Smoothie, Silky Blueberry and Chia Smoothie, Shamrock

Smoothie, Beetroot and Apple Smoothie, Apple Pie Smoothie, Spinach Peanut Butter Smoothie, Cantaloupe and Lemon Smoothie, Sharon Fruit and Blackberry Smoothie, Dark Chocolate and Spinach Smoothie, and Blueberry Smoothie; Recipes for Anti-Aging smoothies - Antioxidant Anti-Aging Smoothie, Beauty Bonanza Smoothie, Green Smoothie for Anti-Aging, Coconut Bliss Smoothie, Berry Smoothie, Delectable Goodness, Chia and Blueberry Smoothie, Soy Milk Smoothie, Celery and Spinach Smoothie, and Dewy Skin Smoothie; and Smoothie Recipes for Super Foods - Blueberry and Cocoa Smoothie, Mint Chip Smoothie, Pineapple and Kale Smoothie, Raw Mint Chocolate Smoothie, Super Smoothie, Protein Smoothie, Aloe Vera Lemonade Smoothie, Bananarama Smoothie Recipe, T-Mac Smoothie, and Cilantro Smoothie. Follow Stephanie's ideas and recipes and be ready for positive changes. Grady Harp, October 14

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