

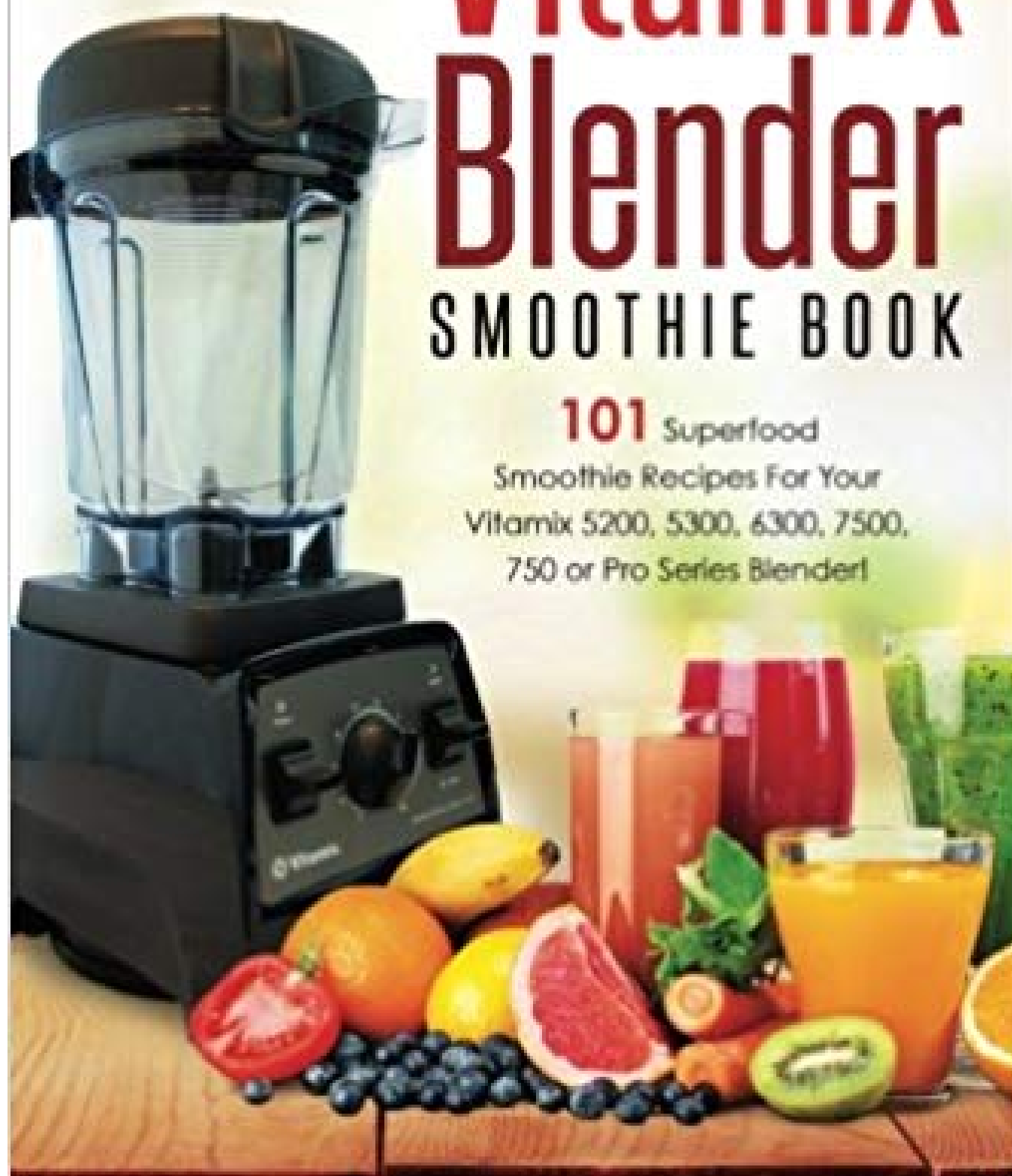
LISA BRIAN

My Vitamix Blender

SMOOTHIE BOOK

101 Superfood

Smoothie Recipes For Your
Vitamix 5200, 5300, 6300, 7500,
750 or Pro Series Blender!



Lisa Brian

Vitamix Blender Smoothie Book: 101 Superfood Smoothie Recipes for your Vitamix 5200, 5300, 6300, 7500, 750 or Pro Series Blender (Vitamix Pro Series Blender Cookbooks) (Volume 1)



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MONEY-BACK GUARANTEE Free shipping for Prime members This publication shows you exactly how to find the most out of your Vitamix Blender (models 1891, 5200, 5300, 6300, 7500, 750 and Pro Series) and make 101 of the most delicious and nutritious smoothies you've ever tasted! Buy today! Combined with 101 of the greatest, most popular quality recipes, this book may be the perfect companion for anybody who owns a Vitamix! 101 SMOOTHIE RECIPES - anti-aging- detox- weight reduction- bones and joints- constipation- blood sugar- immune program- beauty- energy increase- general health- center- mood- performance- tension- kids Do you possess a Vitamix? After that this publication is for you. Our dishes and "how to" instructions are designed designed for Vitamix blenders, and to help you with your lifestyle and health goals. Simply no other book contains particular instructions and quality recipes for your Vitamix Blender. Get a quick start with your Vitamix Blender and fulfill your goals for better health today!



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Nice book for Vitamix users! Nice variety of quality recipes. Everyone uses theirs to the max. Anyhow, overall, a nice book! More than 900 cal for a few.. Five Stars Great smoothie book. We provided our, about 20 year previous, Vitamix to the youngest grandson. Hard to great your fav recipes. :) Our children and various other grandchildren had one already. The challenge with a few of these recipe books is definitely: many demand items which we just don't seem to have inside our pantry. Vitamix Recipes Lots of good quality recipes for smoothies. Loved the nutritional profiles for every formula. Made it easy to see protein effect. We make smoothies, soups, chop in it etc. I have a vitamix blender and am glad this was written specifically for it. Smoothie lover Great cookbook. Lots of smoothies to make and enjoy.! Easy to follow recipes The recipes in this book are an easy task to follow. The display style is equally interesting and easy on the eye. Disappointed with recipes. Just a little disappointed with the recipes. Hard to good your fav recipes Personally, i found this ebook to be the non user-friendly. Insufficient with decent . Therefore we just HAD TO replace it. Great Smoothies!! I haven't made any yet but I actually went through the whole book plus they all sound so delicious! Healthy too.! Handy book Several good ideas Wondering Interested in smoothies with Vitamix blender I have not tried any as yet have to add, to my grocery list. And needed more info . You can find no desk of contents categorizing r die pies. Love our Vitamix!. Not enough variations of ingredients. Not enough with decent calories. Use this machine daily. Not enough variations of ingredients. I used one recipe. I cannot wait to create some!



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