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Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes for Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin Hair Creams Much More (Paperback)

By Foodie

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.NEW UPDATED EDITION: Thank you to our readers for submitting your comments. We've listened to you and fixed our mistakes and will always continue to do so. The Complete Vitamix Blender Cookbook will change your life. This quick easy to use guide will show you how to make the most of all the nutrients that natural foods have to offer in delicious smoothies, juices, nut milks, spices, homemade creams and butters and much more. Start drinking wholesome all-natural smoothies 1-2 times a day and feel amazing so full of energy. Your body will naturally start shedding extra weight on its own, while your skin glows and appears incredibly radiant. The Complete Vitamix Blender Cookbook focuses on how to: - turn an ordinary smoothie into a superfood smoothie - make fresh-squeezed juices that don't suck - achieve push-button weight loss - speed up your body and mind with a daily energy boost - slow down your body's natural aging process to look and feel younger than ever - make nutritious and filling meals...



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Reviews

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