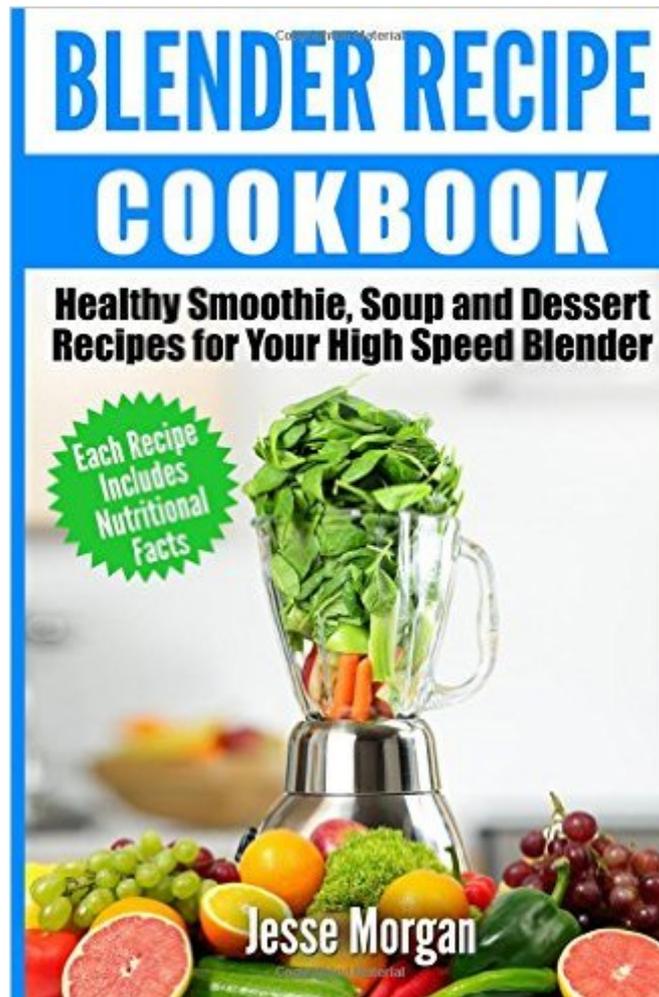


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# Blender Recipe Cookbook: Healthy Smoothie, Soup And Dessert Recipes For Your High Speed Blender



## Synopsis

Take your Vitamix or Ninja high speed blender to the next level! Do you have a Vitamix, Ninja, or some other high-speed blender waiting to realize its full potential? Or maybe you've been contemplating what it would be like to make your own healthy smoothies, soups and desserts. If so, you're going to love this book! This easy read is designed for people like you who need simple, delicious recipes for a healthy lifestyle. The Blender Recipe Cookbook is compiled with 45 unique recipes from smoothies to soups, and of course we can't forget dessert!. Using all natural, wholesome ingredients, each recipe is packed full of nutrition that tastes so good you'll be on to the next recipe before you've finished the first. Nutrition details are also included to ease your mind, knowing that you're enjoying something that's truly good for you. You'll learn how to use your blender, which blender is the best for your needs, and how to make phenomenal smoothies, soups and desserts that are so much better for you than the average product at your local market. Taste doesn't have to suffer in order to maintain a healthy lifestyle. And this book is going to show you just how easy it is to have both. Go on, dust off that blender and give it a whirl! **FREE CONTENT:** Look inside the book and follow the link to download your free Blender Buying Guide.

## Book Information

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## Customer Reviews

After finally getting fed up with seeing a larger version of myself in the mirror, I went for a little hunt in my cupboards to find the blender that I'd bought late last year, but had hardly used. I just so

happened to have been browsing at the time and found this little gem. While it's not the most in-depth recipe book out there, the amount of recipes it includes is just right for me. It covers a nice range of smoothies, soups, and desserts for that quick fix. It also helps that the recipes I've tried so far are pretty darn yummy, and fairly easy to put together. My present favorites have to be the 'blueberry pie, green spa and ruby raspberry smoothies'. Though, I have many more to experiment with. So, these might change. I quite liked the 'spicy tomatillo soup' as well. For the odd cheat days I found the ginger peach frozen yoghurt and mango chill pops both delis. Having some guests over soon, so will put more of these to the test with them. I'm pretty sure they'll love them.

Love our Vitamix and am always looking for new recipes. Also am a big fan of 'healthier' desserts too. The broccoli cheddar soup is awesome and love that you can make it in blender and the soup actually 'heats' up. That makes a great meal with a quick and easy clean-up.

This is not the book for you if you aren't into milk. Nearly every recipe calls for skim milk or yogurt, two things I don't eat. Also, I thought it meant cooking in the blender but for most of the soups one needs to cook the ingredients first and then blend. Okay for beginners.

Love this helpful book. I had gotten a little bored with my regular smoothies. This book is full of great recipes with great ideas for new flavors and new ingredients. I especially liked the soups!! Thanks.

I am a bachelor on the fly and an athlete, and yet I fall prey to eating poorly in the whirlwind of my schedule. From the same author and creators of Carb Cycling and Make Ahead Meals, this book has the wherewithal to draw me into finally using a blender, and turing the corner on some of my greatest physical goals. I like this book, and also like the material Morgan creates. Thanks!

I accidentally downloaded 2 copies because I'm new at kindle. In trying to fix it, I then deleted both of them, so now I have paid for '0' copies. I'm sure I would have liked the book if only I could get some help from . They cannot be reached!

This book is an excellent resource for healthy recipes. I'm especially impressed with the soup recipes and the information regarding the features of the blenders currently available in the marketplace.

Love it! I have used several recipes over and over, they are that delicious! I also lost the weight and feel better.

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