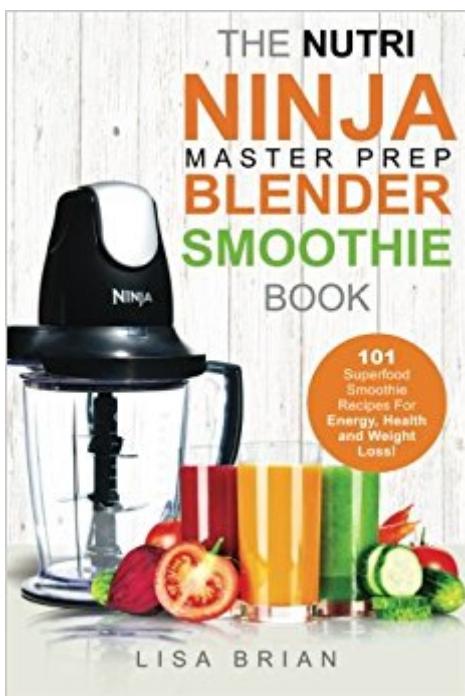


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# **Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy And Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1)**



## Synopsis

Get a quick start with your Ninja blender and meet your goals for better health! This book is the first in a series for the Nutri Ninja Pro, Ninja Master Prep, and Ninja Kitchen System Blenders. The book features 101 Superfood Smoothies designed for various health conditions and lifestyles. The Nutri Ninja Blender Smoothie Book contains: • 101 Superfood Smoothies for a variety of health conditions and lifestyles • Sweet smoothies • Green smoothies • Weight Loss smoothies • Detox smoothies • Anti-Aging smoothies • Kids smoothies • Instructions for making the best smoothies you've ever tasted • Pro tips for using the Ninja series of blenders Are you interested in attaining better healthy by drinking delicious smoothies? Then this book is for you. All of our smoothie recipes are designed for specific health and lifestyle benefits.

## Book Information

Series: Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks

Paperback: 174 pages

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 135 customer reviews

Best Sellers Rank: #194,178 in Books (See Top 100 in Books) #16 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Food Processors #44 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #146 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

## Customer Reviews

Lisa Brian is a private chef extraordinaire who has prepared meals and specialty foods and beverages for many celebrities along California's coast, from Los Angeles and San Francisco. She has a background in nutrition, and is a highly trained chef. When she's not writing books, she spends her time developing new recipes and cooking up fresh servings of health and happiness for her clients and her family.

This is the first smoothie book I have seen that includes serving and nutrition info for EVERY recipe! I've bought a lot of generic smoothie recipe books in the past, but this one has definitely been more useful to me because I can monitor how much protein and fat I'm consuming with each glass. I'm also really happy with the recipe list -- I typically hate green smoothies, but the ones in this book made me rethink that. Definitely happy with this one!

My husband was diagnosed with cancer and started radiation on his throat. I ordered this to be able to make him smoothies while he is going through treatment. I had him highlight the ones that he thought looked good and he highlighted almost the entire book. There are a LOT of good recipes in here.

Just made my first smoothie. Bought one of those fresh fruit combo cups at my local grocery store. Strawberries, orange, and kiwi. Added ice cubes and a little water. Pretty good. This blender had the iq blend setting and it does all the work for you..blends then pauses, then starts up again, then pauses allowing things to settle at the blades then stays up again...loud! But very effective. Can't wait to try more recipes!

This kitchen gadget queen loves it - processes really good smoothies and granitas as well as pseudo jamba juice and fruit/veggie blend drinks; does wonders for salsas, hummus, sauces, etc.

Has a lot of great recipes, but was disappointed there were no pictures to give me an idea about recipes.

Excellent book on creating things with the blender, especially if your culinary imagination needs "shoring" up

Has a lot of great recipes in it! Many I wouldn't have thought of on my own, so it's nice to be able to mix things up a bit!

The recipes are good, and I like that they are separated into chapters according to the benefits of health. I also enjoyed the blurbs she included about each one. There are a number of typos and a few ingredients mentioned in the blurbs that are not in the recipe. However, I like this book much more than others if you are using the Nutri Ninja Auto IQ. I recommend this recipe book.

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