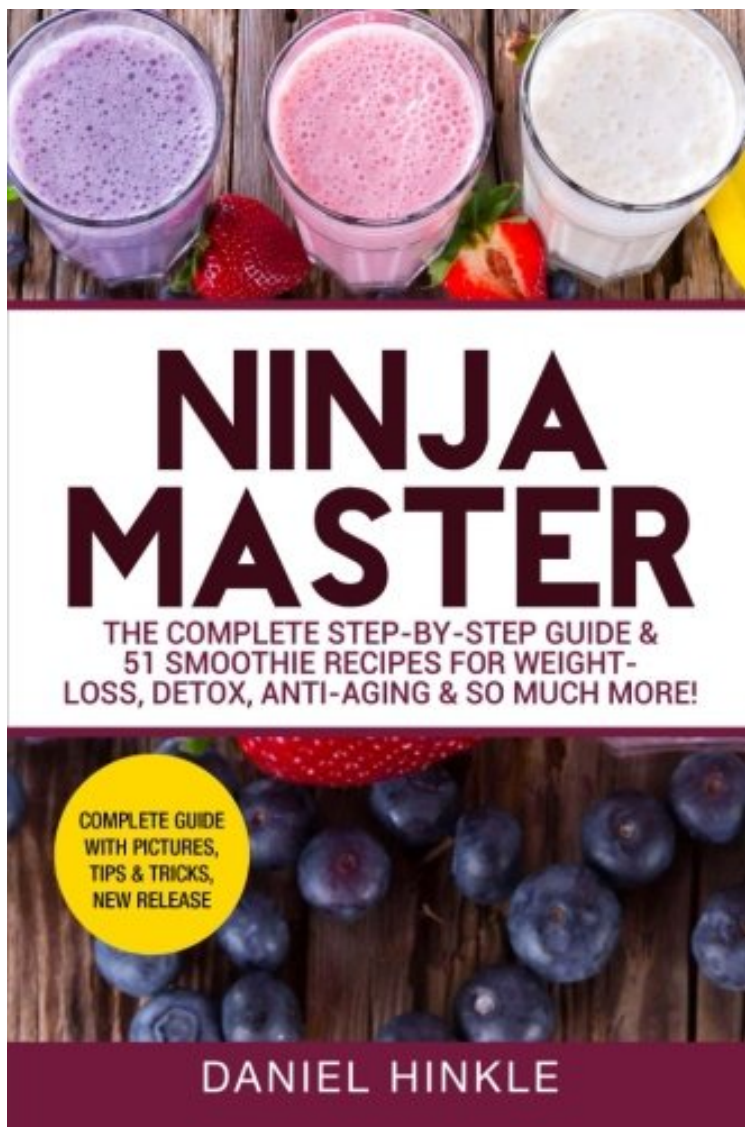


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Ninja Master: The Complete Step-By-Step Guide 51 Smoothie Recipes for Weight-Loss, Detox, Anti-Aging So Much More! (DH Kitchen) (Volume 37)

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3 of 3 people found the following review helpful. A Great Book!By AaronThis is a very comprehensive book, covering everything you could need to know about smoothies that accomplish change in every aspect of your life. I personally love smoothies and the health benefits that they provide, so this eBook was PERFECT for me. If you're someone who's into getting your vital nutrients out of smoothies, or you're just thinking about trying it out then I would definitely recommend this book, you won't be disappointed :) 5 Stars1 of 1 people found the following review helpful. Watch the sugarBy DaveHWhile the recipes are fine, as an Ipad Kindle book it's lacking any ability to print a recipe or shopping list. Even if you copy and paste, all that appears is a link to the book on , not the actual recipe. As a "healthy" themed book, one key ingredient is not at all healthy - sugar. The word "sweetener" is used, not sugar. So, can non-sugar "sweeteners" be substituted, and what would be the amount? While these recipes may be tasty and full of nutrients, most are loaded with fruity sugar that would drive a diabetic blood sugar thru the roof. There is no documentation of either nutritional values or sugar equivalents. Use of the label "healthy" comes with a big asterisk.1 of 1 people found the following review helpful. Tasty!By James BrosnanPerfect and tasty recipes I find best consumed at breakfast - a fruity start for the day! The directions are dead easy, with only two stages. If you've got a blender and the necessary ingredients, you're well set.

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