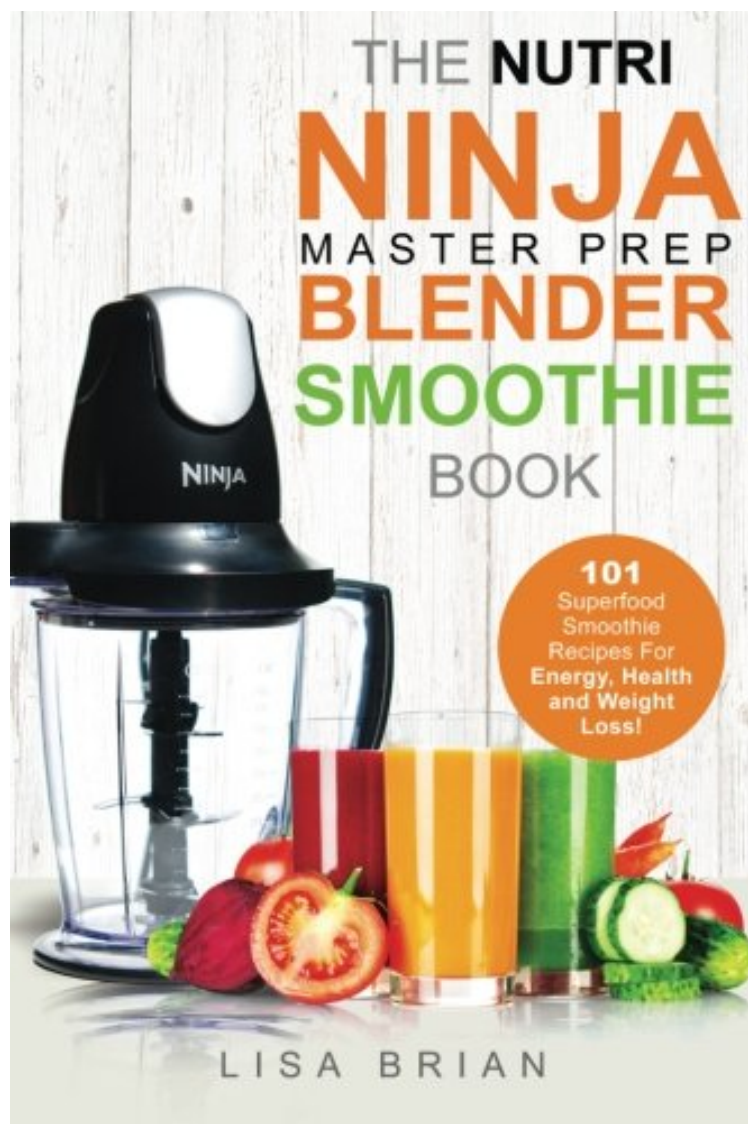


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## **Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1)**

*Lisa Brian*

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**Lisa Brian : 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)**

before purchasing it in order to gauge whether or not it would be worth my time, and all praised 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):

36 of 37 people found the following review helpful. Know EXACTLY what is going in your glass every time  
By Customer  
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!  
3 of 3 people found the following review helpful. Pretty good. This blender had the iq blend setting ...  
By Dave K.  
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!  
4 of 4 people found the following review helpful. This kitchen gadget queen loves it - processes really good smoothies and granitas as well as pseudo jamba juice ...  
By Customer  
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.

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.

About the Author  
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.