

(Mobile pdf) Nutribullet Recipe Book: The Nutribullet Natural Healing Foods Book (Nutribullet Smoothies Recipes)

Nutribullet Recipe Book: The Nutribullet Natural Healing Foods Book (Nutribullet Smoothies Recipes)

Gordon Rock

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#2278419 in Books Rock Gordon 2015-04-25 Original language: English PDF # 1 9.00 x .13 x 6.00l, .19 #File Name: 151189525X50 pages Nutribullet Recipe Book The Nutribullet Natural Healing Foods Book | File size: 19.Mb

Gordon Rock : Nutribullet Recipe Book: The Nutribullet Natural Healing Foods Book (Nutribullet Smoothies Recipes) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Nutribullet Recipe Book: The Nutribullet Natural Healing Foods Book (Nutribullet Smoothies Recipes):

3 of 3 people found the following review helpful. This book was a pretty nice surprise for me. I kind of expected it to be boring and typical, but many of these flavor combinations provide tasty treats that I'd have never even dreamed of. It's nice to be able to use this little bullet for something. The chocolate and banana protein shake is perfect for a sweet early morning kickstart, and none of the recipes take more than fifteen minutes, leaving you with plenty of time to take care of other things and still get in a nutritious treat, Tomorrow's breakfast is the apple almond and cinnamon protein shake, and I honestly can't wait.

2 of 2 people found the following review helpful. There's something useful to do with it. This book is amazing, full of some of the best smoothies I've ever had. The peach almond and yogurt smoothie is to die for. I have it for breakfast at least twice a week. There's such a variety of recipes here, the mixed green veggie and fruit recipe is so good, and you can barely taste the veggies over the natural fruit sugar. This book is so easy to follow, my next one will be the carrot, apple, and ginger smoothie. I can't wait! Definitely recommend this one.

1 of 1 people found the following review helpful. Very small book. Not very informative. Probably could ...

By Judy Schofield Very small book. Not very informative. Probably could get those recipes off the Internet. Not worth the price plus shipping.

The Nutribullet Recipes offers a fresh take, literally, on how we consume our food. Sure, we've always sauteed, boiled or steamed our vegetables, but are we really getting the nutrients our bodies need? A significant portion of those nutrients disappear during these processes. Fruits provide us with essential vitamins, but how many bananas, apples and strawberries can you really eat in order to give your body its needed nutrients. Will you always have the stomach to eat as much you really need? This Nutribullet Recipe Book will answer these dilemmas by providing you an easy reference on how to consume your fruits and vegetables—raw and extracted. Nutrient extraction is nothing like blending or juicing the fruits and vegetables out. The Nutribullet, a device which extracts the essential nutrients from your fruits and vegetables, ensures you get your recommended dose of vitamins and nutrients, as if you ate them raw but without the struggles of chewing. What you get is a tasty shake, slush or smoothie offering your body with all the essential nutrients in an easy-to-consume form. So, for who is this Nutribullet Natural Healing Foods Book? It is for people who wish to lose weight and not have to struggle with bland-tasting foods. Even Nutribullet-processed vegetables will taste great! It is for diabetics who constantly struggle with their sweet tooth and spikes in insulin levels. The Nutribullet recipes present some delicious and sweet-tasting smoothies using natural sweeteners like honey. It is for people who continuously struggle with balancing their metabolism and detoxifying their bodies. It is for people who deal with both chronic and lifetime medical conditions. The recipes provide natural and holistic healing that can aid with doctor-prescribed medications. It is for parents whose kids do not like their vegetables and fruits but believes these are food sources one can't not have in the table. The Nutribullet Recipes Book is for everybody who believes that the best form of nutrition come natural sources. Don't miss your glass of Nutribullet smoothie now and achieve health at its best.