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Vanessa Vitameister

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Vanessa Vitameister : Pet Not Included!: And 20 MORE Vitamix Recipes for Picky Eaters before purchasing it in order to gage whether or not it would be worth my time, and all praised Pet Not Included!: And 20 MORE Vitamix Recipes for Picky Eaters:

Are you having problems getting your kids to eat certain foods? If you answered yes, then this book is for you! The best way to entice picky eaters into eating certain foods is by preparing smoothies for them. What you will find in this recipe book are recipes for smoothies that will make use of ingredients most kids tend to hate. After drinking the smoothies featured in this recipe book, your kid will learn to love kale, ginger, celery, spinach, lettuce, sweet potatoes, tofu, cauliflower, cottage cheese, cucumbers, carrots, avocados, squash, cabbage, broccoli, peas, tomatoes and even chia seeds! Rest assured, your kid will thank you once they grow up to be healthy adults. So why not get them started right now on the path to healthy eating? Go ahead. Take action. Buy this recipe book. You will not regret it.