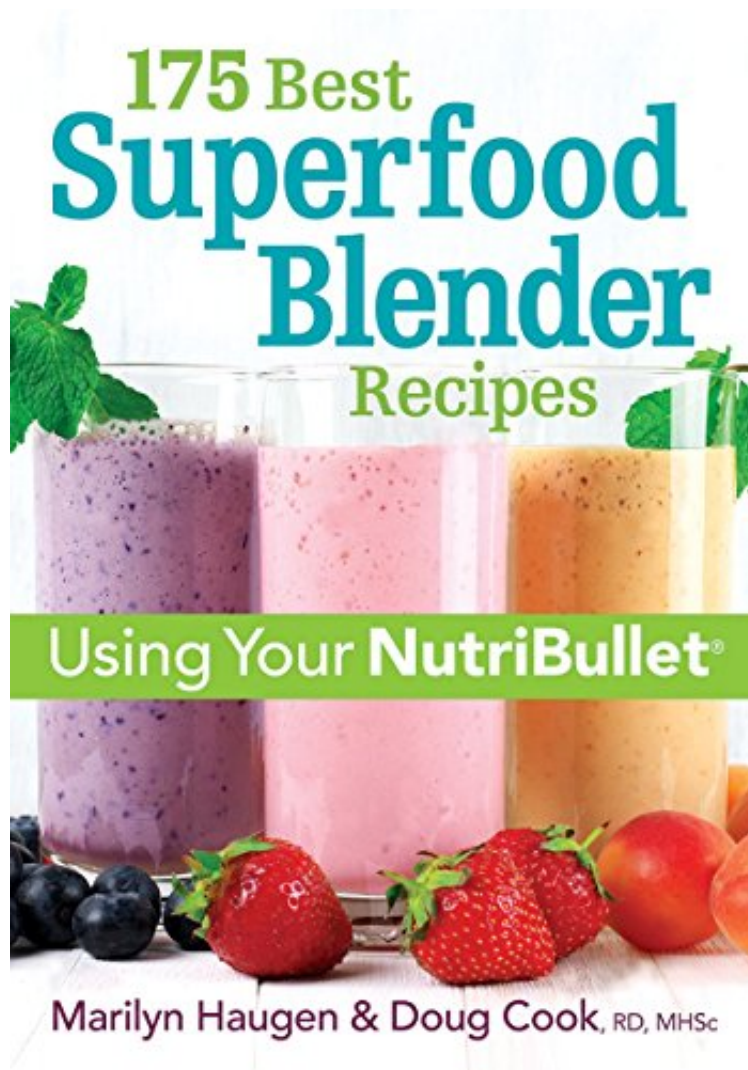


175 Best Superfood Blender Recipes: Using Your NutriBullet

Marilyn Haugen, Doug Cook RD MHSc
DOC | *audiobook | ebooks | Download PDF | ePub



[Download](#)

[Read Online](#)

#1872229 in Books Haugen Marilyn 2016-11-10Original language:EnglishPDF # 1 10.00 x .50 x 7.00l, .0
#File Name: 077880559X224 pages175 Best Superfood Blender Recipes Using Your Nutribullet | File size:
48.Mb

Marilyn Haugen, Doug Cook RD MHSc : 175 Best Superfood Blender Recipes: Using Your NutriBullet before purchasing it in order to gage whether or not it would be worth my time, and all praised 175 Best Superfood Blender Recipes: Using Your NutriBullet:

0 of 0 people found the following review helpful. I love the bookBy CherieZbought one for my daughter then had to get one for myself. I love the book. HOWEVER I bought this one used and it was in very poor condition, not great for a cookbook, stained and unappealing.0 of 0 people found the following review helpful. Four StarsBy Craig Hathawaytrying some of the recipes1 of 1 people found the following review helpful. 175 Superfood Blender Recipes

ReviewBy aprilI received this awesome cookbook as a complimentary cookbook for a review. Now I have went through this book and am surprised at the vast information that it includes. It talks about the different types of superfood's to eat to stay healthy. There are so many different recipes that I want to try and are going to try they sound so yummy not to mention are very healthy for you and your body. Also another thing that I like about this book is in the back it has a section called "General Health Benefits of Superfoods and another section called Managing Health Conditions with Superfoods" both sections are awesome. They tell you a fruit or vegetable and what it is good for. For instance Asthma it says that Avocados, blueberries, cranberries, mango's, peaches, arugula, beets, bok choy, carrots, kale, pumpkin, spinach, tomatoes, and watercress are all good to help with this health issue. There is so much more I find this to be more than a cookbook I see it as a valuable resource to help us be more healthy and to help us with what health issue that we may already have. Do I recommend this book YES I do!!!!

Superfood recipes created just for the NutriBulletreg;.Appliances of convenience are selling in huge numbers. Between 2012 and 2015, Nutribulletreg; sold more than 14 million units. The NutriBulletreg; packs a punch, with its compact size and exceptional nutrient extraction power. It's the perfect appliance for anyone looking to include extraordinary nutrition in a lifestyle.Smoothies are one of the easiest ways to pack a lot of nutrition into a relatively small serving size. This ingenious book combines the principles of healthy eating and nutrition with 175 delicious and easy-to-prepare recipes for smoothies, dressings, dips, soups, sauces and desserts. The first part of the book provides comprehensive information on how a smoothie can be part of a healthy diet as well as the healing properties of superfoods. The benefits include everything from radiant skin and gastrointestinal health, to weight management and pregnancy health.All the recipes are made from wholesome foods and are an effective way to increase the overall nutritional density in a diet, and bridge the gap between the nutrients needed and the nutrients missing. Each recipe can be tailored to suit various needs and tastes, making them an easy and convenient way to get healthy.Some of the recipes for an energizing start are a Blueberry and Coconut Protein Smoothie, and a Hydrating Spinach, Berry and Orange Smoothie. Chilled Peppery Avocado and Arugula Soup along with African-Inspired Lentil Dip are perfect after an intense workout or for entertaining.

About the Author Marilyn Haugen is the bestselling author of 150 Best Spiralizer Recipes and 150 Best Recipes for Cooking in Foil. Doug Cook, RD, MHSc, is a registered dietitian and nutritional consultant with nearly two decades of experience. Doug holds that a diet based on nutrient-dense, whole foods can play a huge role in maintaining and restoring health.