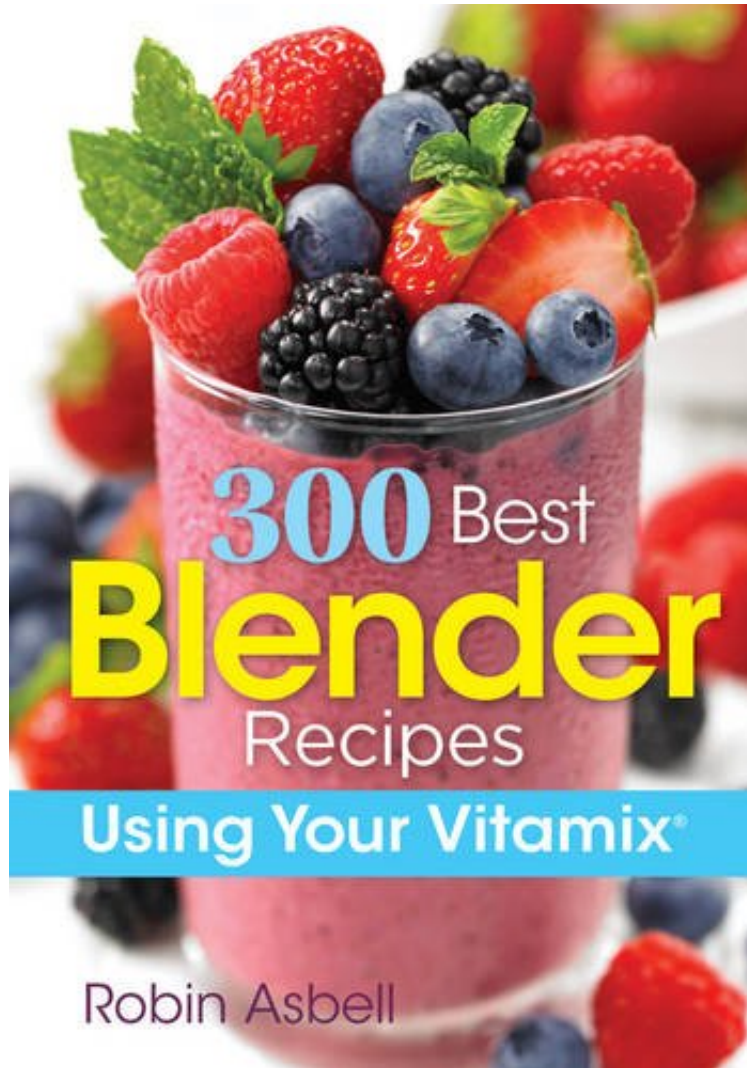


(Get free) 300 Best Blender Recipes: Using Your Vitamix

300 Best Blender Recipes: Using Your Vitamix

Robin Asbell

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Robin Asbell : 300 Best Blender Recipes: Using Your Vitamix before purchasing it in order to gauge whether or not it would be worth my time, and all praised 300 Best Blender Recipes: Using Your Vitamix:

2 of 2 people found the following review helpful. Great Cookbook By Susan MI gave this cookbook to my daughter for Christmas and she loves it! 0 of 0 people found the following review helpful. So many tasty, healthy recipes! By Elaine Love Quality and Quantity of Recipes...this book is filled with dozens of recipes for healthy, tasty eating that I am trying. I looked at other cookbooks with blender recipes...none comes close to this one. I am also giving it as gifts now! 3 of 3 people found the following review helpful. My favorite recipes are the gluten-free brownies and I love the ... By Michelle The book is clearly laid out, with hundreds of recipes for my Vitamix. There are recipes for sauces,

dressings, soups, spreads, energy balls, nut butters, and smoothies, along with lotions and scrubs, too. My favorite recipes are the gluten-free brownies and I love the smoothie bowls, too! It's a really well-thought-out cookbook for anyone with a Vitamix.

A Vitamix can do much more than just make tasty smoothies. It's not surprising that almost 1.5 million Vitamix blenders have been sold. A Vitamix chops, grinds and minces, a convenient and nearly instant way to get those servings of fruits and vegetables that are so often skipped. The Vitamix also grinds grain, making fresh flour at home easily within reach, a good alternative to buying stale flours from the store. Breads, pancakes, muffins and scones will have maximum flavor and nutrition when made from flour still at its peak. This book provides ways to eat real, whole foods when time is limited. Robin Asbell has created an extensive collection of tantalizing and innovative recipes that get the most out of this exceptional appliance. Delicious dishes range from nutritious breakfasts to fresh sauces, sumptuous soups, dips and spreads to desserts that invite requests for seconds. A chapter on baby foods and another on nut butters round out this terrific Vitamix cookbook. There are 300 mouthwatering recipes on:

Smoothies Smoothie Bowls and Parfaits Juices and Blends Fresh Flours and Baking Baby Food Alternative Milks Sauces Dressings, Marinades, Spice Pastes and Blends Soups Dips and Spreads Burgers and Loaves Desserts Ice Cream, Sorbets, Milkshakes and Popsicles Truffles and Energy Balls Alcoholic Drinks Scrubs, Masks and Lotions.

Asbell also includes useful information on the differences among the different series models, and tips and techniques that demonstrate how to turn the Vitamix into an invaluable workhorse in the home kitchen.

About the Author Robin Asbell is the author of eight cookbooks and an educator with a lifelong passion for whole, natural foods.