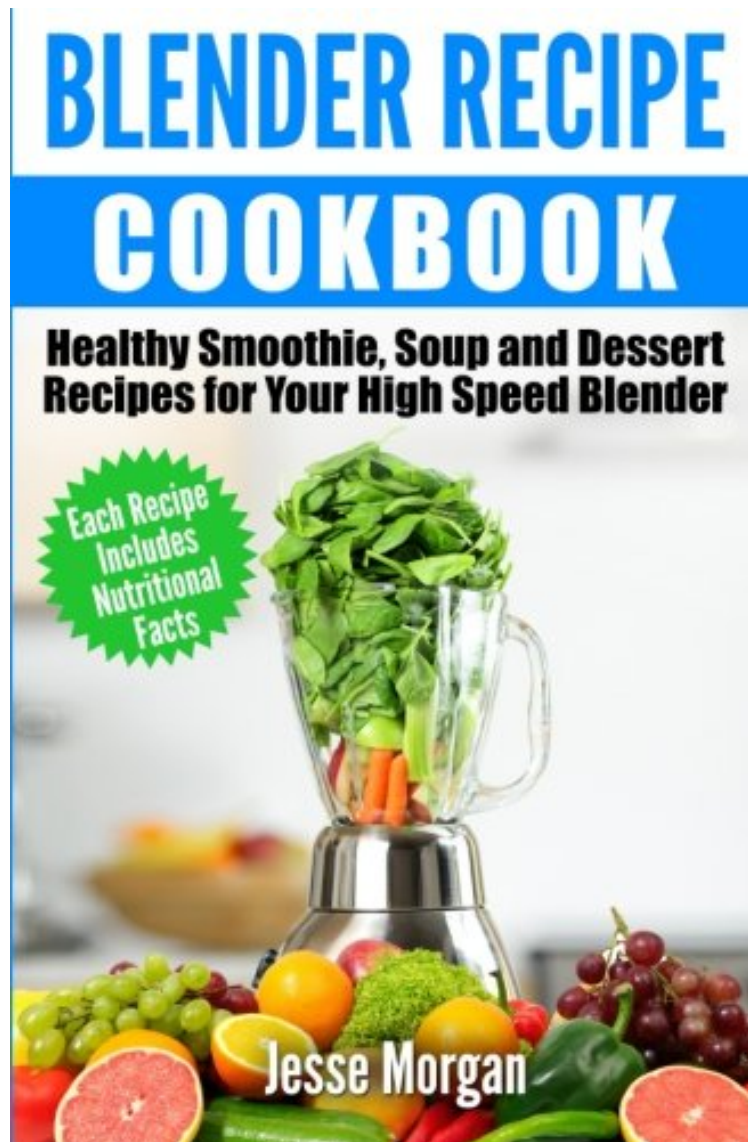


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## Blender Recipe Cookbook: Healthy Smoothie, Soup and Dessert Recipes for your High Speed Blender

Jesse Morgan

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**Jesse Morgan : Blender Recipe Cookbook: Healthy Smoothie, Soup and Dessert Recipes for your High Speed Blender** before purchasing it in order to gage whether or not it would be worth my time, and all praised Blender Recipe Cookbook: Healthy Smoothie, Soup and Dessert Recipes for your High Speed Blender:

3 of 3 people found the following review helpful. One of my new fav recipe books for summerBy Lady from the

southAfter finally getting fed up with seeing a larger version of myself in the mirror, I went for a little hunt in my cupboards to find the blender that I'd bought late last year, but had hardly used. I just so happened to have been browsing at the time and found this little gem. While it's not the most in-depth recipe book out there, the amount of recipes it includes is just right for me. It covers a nice range of smoothies, soups, and desserts for that quick fix. It also helps that the recipes I've tried so far are pretty darn yummy, and fairly easy to put together. My present favorites have to be the 'blueberry pie, green spa and ruby raspberry smoothies'. Though, I have many more to experiment with. So, these might change. I quite liked the 'spicy tomatillo soup' as well. For the odd cheat dayshellip; I found the ginger peach frozen yoghurt and mango chill pops both delis. Having some guests over soon, so will put more of these to the test with them. I'm pretty sure they'll love them.2 of 2 people found the following review helpful. More recipes for my VitamixBy ChickenladyjLove our Vitamix and am always looking for new recipes. Also am a big fan of 'healthier' desserts too. The broccoli cheddar soup is awesome and love that you can make it in blender and the soup actually 'heats' up. That makes a great meal with a quick and easy clean-up.2 of 2 people found the following review helpful. Soups in a blender...you bet!By Jason GartnerLove this helpful book. I had gotten a little bored with my regular smoothies. This book is full of great recipes with great ideas for new flavors and new ingredients. I especially liked the soups!! Thanks.

Take your Vitamix or Ninja high speed blender to the next level! Do you have a Vitamix, Ninja, or some other high-speed blender waiting to realize its full potential? Or maybe you've been contemplating what it would be like to make your own healthy smoothies, soups and desserts. If so, you're going to love this book!This easy read is designed for people like you who need simple, delicious recipes for a healthy lifestyle. The Blender Recipe Cookbook is compiled with 45 unique recipes from smoothies to soups, and of course we can't forget dessert!. Using all natural, wholesome ingredients, each recipe is packed full of nutrition that tastes so good you'll be on to the next recipe before you've finished the first. Nutrition details are also included to ease your mind, knowing that you're enjoying something that's truly good for you. You'll learn how to use your blender, which blender is the best for your needs, and how to make phenomenal smoothies, soups and desserts that are so much better for you than the average product at your local market. Taste doesn't have to suffer in order to maintain a healthy lifestyle. And this book is going to show you just how easy it is to have both. Go on, dust off that blender and give it a whirl! FREE CONTENT: Look inside the book and follow the link to download your free Blender Buying Guide.

About the AuthorJesse Morgan is a native of Virginia today but was and always will be a Jersey girl. Jesse's books all focus on diets and recipes that incorporate healthy ingredients that will help you take control of your weight and improve your health.