



Blender Recipes: 27 Blender Recipes You Can Make with High Speed Blenders

By Juliana Baldec

Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.This is a compilation of 2 blender recipes books includes 27 juicing recipes. You can make these juices with a combination of your favorite blender like the Ninja Blender, Nutribullet, Vitamix, or any similar high speed blender and/or your favorite juicer like the Breville juicer or the Green Star Juicer. Juliana will show you how she uses her favorite powerful hi-speed smoothie makers the Nutribullet (you can use any other high speed blender and/or juicer) to tear through radish, kale, cauliflower, zucchinis, asparagus, berries, ginger, cucumbers, carrots, fennel, celery, melon, pineapple, beets, oranges, apples, lemon, blackberries, strawberries other juicing fruits and vegetables, transforming them into these delicious juices and vitality elixirs. Juliana keeps healthy nutritious pulp inside the glass. She has the lifestyle of clean drinking and eating down to a science and shows you how you can go into your kitchen, make a high speed blender juicing recipe, clean up and be out in most of the cases in about 5 minutes max. She shows you some amazing recipes that are boosting your immune system, restoring your...



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