

## Blender Recipes: Clean Eating Snacks You Can Make with Your Favorite High Speed Blender (Paperback)



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### **Reviews**

*This is an awesome publication i have at any time read. Of course, it is play, still an interesting and amazing literature. You will like just how the author write this book.*

*(Prof. Herta Mann)*

## BLENDER RECIPES: CLEAN EATING SNACKS YOU CAN MAKE WITH YOUR FAVORITE HIGH SPEED BLENDER (PAPERBACK)



Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a compilation of 2 clean blender books that you can make with your Ninja Blender, Nutribullet, Vitamix similar high speed or high power blender. Juliana will show you how she uses powerful and hi-speed smoothie makers like the Nutribullet (use any other high speed blender like the Vitamix, or a plain blender bottle or shaker bottle) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds other clean food ingredients and transforms them into these heavenly tasty smoothies when she is done. With these amazing clean eating drinking recipes, Juliana shows you how to keep the nutrition inside the dish and the healthy pulp inside the drink. She has the lifestyle of clean eating down to a science and shows you how you can go into your kitchen, make a high speed blender recipe, clean up and be out in most of the cases in about 5 minutes max. Preparing her clean drinking recipes takes her most of the times only 5 minutes of prep time then another 5 minutes or so of cleanup. The clean eating recipes are most of the time 5 minute quick in prep time and there is some cooking or baking time involved. She shows you some amazing recipes that are boosting your immune system, restoring your body s natural ability to heal itself, energizing and regulating your hormones, helping neutralize free radicals in our body and brain, satisfying your daily supply of the cancer fighting mineral selenium, treating fungal bacteria in the body like candida, boosting your energy level to fight against fatigue and illnesses, losing some weight and become lean, burning fat, and many health benefits! If...



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America Star Books, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Between the good mornings and the good nights it s what...

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### **Polly Oliver s Problem (Illustrated Edition) (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Illustrated. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s...

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**American Legends: The Life of Josephine Baker (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Includes pictures \*Includes Josephine Baker's quotes about her life and career \*Includes

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**ASPCA Kids: Rescue Readers: I Am Picasso (Paperback)**

Studio Fun International, United States, 2015. Paperback. Book Condition: New. Debra Melman (illustrator). 216 x 152 mm. Language: English . Brand New Book. Fourth in the ASPCA Rescue Readers series, this Level 2 reader follows

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**The Village Watch-Tower (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author

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**Penelope's Postscripts (Dodo Press) (Paperback)**

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author

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