



**Vitamix Cookbook: Delicious & Nutritious
Smoothie Recipes And More For Your High Speed
Blender To Energize, Alkalize, Lose Weight & Feel
Fantastic!**

Julie Eldred

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Julie Eldred

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Ready? Set. Blend! Hi, i'm Julie and cooking is my passion! When I got my blender I spent a few months making the basic green smoothies that everyone does... then I decided to experiment! This book contains all of the delicious, nutritious recipes I discovered with my blender - you're going to learn how to make a variety of smoothies, dips, soups and much more! If you own a high speed blender I would go as far as saying you NEED to own this book. This Books Is The ULTIMATE Companion For Your High Speed Blender Here's A Preview Of What The Unofficial Vitamix Cookbook Will Show You How To Make: •Delicious Smoothie Recipes Including Breakfast and Weightloss Oriented Smoothies •Sauce Recipes Including Tomato Sauce, Avocado Yoghurt, Pesto & More! •Salad Dressing Recipes Suitable For Everyone •Soup Recipes Including Pumpkin, Beetroot And Broccoli To Name A Few •Delicious Dessert Recipes That Are Still Healthy! Because Sometimes We Need To Indulge •Dips And Spreads •An Assortment Of Additional Recipes Including My Infamous Paleo Porridge!

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Marlys Wieland:

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