



Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1)

By Lisa Brian

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Get a quick start with your Ninja blender and meet your goals for better health! This book is the first in a series for the Nutri Ninja Pro, Ninja Master Prep, and Ninja Kitchen System Blenders. The book features 101 Superfood Smoothies designed for various health conditions and lifestyles. The Nutri Ninja Blender Smoothie Book contains:

- 101 Superfood Smoothies for a variety of health conditions and lifestyles
- Sweet smoothies
- Green smoothies
- Weight Loss smoothies
- Detox smoothies
- Anti-Aging smoothies
- Kids smoothies

• Instructions for making the best smoothies you've ever tasted

• Pro tips for using the Ninja series of blenders

Are you interested in attaining better healthy by drinking delicious smoothies? Then this book is for you. All of our smoothie recipes are designed for specific health and lifestyle benefits.

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Editorial Review

About the Author

Lisa Brian is a private chef extraordinaire who has prepared meals and specialty foods and beverages for many celebrities along California's coast, from Los Angeles and San Francisco. She has a background in nutrition, and is a highly trained chef. When she's not writing books, she spends her time developing new recipes and cooking up fresh servings of health and happiness for her clients and her family.

Users Review

From reader reviews:

Patrick Lyon:

In this 21st millennium, people become competitive in every single way. By being competitive currently, people have to do something to make them survive, being in the middle of the particular crowded place and notice simply by surrounding. One thing that sometimes many people have underestimated this for a while is reading. That's why, by reading a guide your ability to survive boost then having chance to remain than other is high. For yourself who want to start reading the book, we give you that Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) book as basic and daily reading guide. Why, because this book is more than just a book.

Robert Sanders:

The actual book Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) has a lot of information on it. So when you read this book you can get a lot of advantage. The book was written by the very famous author. Tom makes some research before write this book. This kind of book very easy to read you will get the point easily after reading this article book.

Madeline Cecil:

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