



# Nutribullet Recipe Book: Smoothie Recipes for Weight Loss, Detoxing, Age Prevention & Much Much More!

By Jessica Kirschbaum

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## Nutribullet Recipe Book: Smoothie Recipes for Weight Loss, Detoxing, Age Prevention & Much Much More! By Jessica Kirschbaum

The Nutribullet is an amazing new type of blender that has helped me personally improve my overall health and well being. This nutribullet recipe book is designed to help you do the same! I used to be a big fan of juicing, and while I still think juicing has benefits, I believe blending with the nutribullet to be superior.

The problem I had with juicing was it took a lot of time and was hard to clean up. With my busy schedule I just could not dedicate 20 minutes every morning to this activity. Voila! In came the nutribullet. In less than 5 minutes I could be done - including clean up!

Another thing about the nutribullet is that it was engineered in a way to get you the most nutrients from your food, making it an obvious choice for a healthy lifestyle.

In the nutribullet recipe book you will find loads of recipes to help you with :

Anti-Aging - we all age but healthy eating will slow down the process and help us stay looking young

Weight Loss - blending is an easy way to control our weight

detox - we all take showers to cleanse the outside of our body but most people do nothing for the inside. Well detox smoothies can help clean out the inside of our bodies.

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