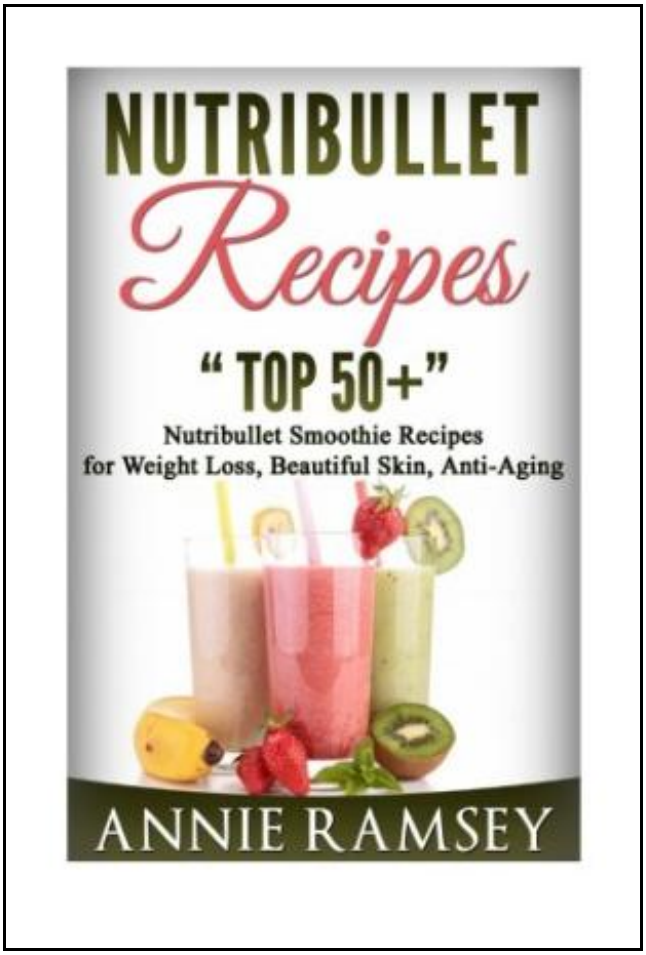
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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Nutribullet is a widely popular superfood extractor that can help you achieve your health and fitness goals. The patented technology in Nutribullet will enable you to prepare high quality smoothies, soups, and many other healthy meals easily. It seems that everyone nowadays lives such busy lives that they tend to turn to quick and easy meal solutions in order to stay sane. Well, this may be the reason why smoothies are immensely popular among urban households. Smoothies take only a few minutes to prepare and are much healthier compared to microwave meals and fast food. Each drink and dish in this recipe book is guaranteed to come out smooth and creamy yet retain the pulp for fiber content, as long as you use the Nutribullet correctly. Choose from a variety of energy smoothies that you can drink first thing in the morning, green smoothies to help you get your daily amount of vegetables, detox smoothies to help cleanse and revitalize your digestive system, and soups that will keep you satiated and well-nourished. You will also be happy to know that there are also bonus recipes that will show you how to make dips, spreads, and condiments. Bring out the full potential of your Nutribullet and maximize its amazing features. You will soon discover how easy it actually is to prepare tasty and healthy drinks and dishes within the comforts of your own home.

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