



The Complete Healthy Smoothie for Nutribullet

By Jason Manheim

Skyhorse Publishing. Hardback. Book Condition: new. BRAND NEW, The Complete Healthy Smoothie for Nutribullet, Jason Manheim, In his previous books, such as his National Bestseller The Healthy Green Drink Diet, Jason Manheim taught us how to make delicious green smoothies, protein smoothies, and suprefood smoothies that work wonders for organ health, immune system strength, and weight loss. Now, Manheim recreates these healthy recipes specifically for the Nutribullet (although they will work in other blenders) and makes them available -for the first time -all in one place. While Manheim's recipes are fantastic on their own, they can also easily be used as templates to expand your Nutribullet smoothie repertoire. Learn about adding healthy fats such as virgin olive oil, avocado, and coconut oil, and get advice on eliminating separation and foam. Everything you need to energize, look good, and feel great with healthy smoothies is packed within.



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