

Not Just Smoothies: Super Delicious, Super Easy Blender Recipes for Health and Happiness



Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Blender Recipes for Health and Happiness by Julia Grady

★★★★☆ 4.4 out of 5

Language	: English
File size	: 5364 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 201 pages
Lending	: Enabled



Looking for delicious and easy blender recipes that will help you achieve your health goals? Look no further than Not Just Smoothies!

This cookbook is packed with 100+ recipes for smoothies, juices, soups, sauces, dips, and more, all designed to help you get the most out of your blender. Whether you're looking to lose weight, gain energy, or simply improve your overall health, Not Just Smoothies has a recipe for you.

Here are just a few of the delicious recipes you'll find in Not Just Smoothies:

- **Green Goddess Smoothie:** This refreshing smoothie is packed with spinach, kale, celery, and cucumber, and is a great way to start your

day.

- **Tropical Paradise Smoothie:** This smoothie is made with pineapple, mango, banana, and coconut milk, and is a perfect way to cool down on a hot day.
- **Detoxifying Juice:** This juice is made with carrots, celery, beets, and ginger, and is a great way to cleanse your body.
- **Creamy Tomato Soup:** This soup is made with tomatoes, onions, garlic, and cream, and is a comforting and delicious meal.
- **Avocado Ranch Dip:** This dip is made with avocados, sour cream, mayonnaise, and spices, and is a perfect appetizer or snack.

Not Just Smoothies is the perfect cookbook for anyone who wants to:

- Lose weight
- Gain energy
- Improve their overall health
- Save time in the kitchen
- Eat more fruits and vegetables

Free Download your copy of Not Just Smoothies today and start enjoying delicious and healthy blender recipes!

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