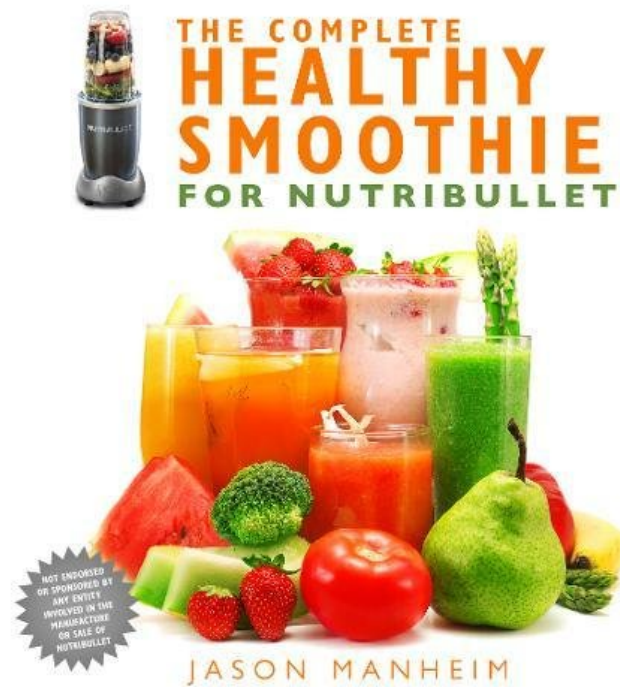


(Library ebook) The Complete Healthy Smoothie for Nutribullet

The Complete Healthy Smoothie for Nutribullet

Jason Manheim

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Jason Manheim : The Complete Healthy Smoothie for Nutribullet before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Healthy Smoothie for Nutribullet:

0 of 0 people found the following review helpful. Very healthy and Power Packed!By SweetieThis is an amazing book. Very healthy and power packed with high energy stuff. Must read this one for a perfect and healthy weekday as well as refreshing weekend!

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. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking,

Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

About the Author Jason Manheim is the creative director for a WordPress development firm at designpx.com and runs the websites healthygreendrink.com where he inspires healthy dietary choices and change via green smoothie supplementation and superdrinks.org where he provides everything you need to make superfood drinks a foundational part of your diet. Jason has written three previous smoothie books and is a National Bestselling author. He resides in Los Angeles, California.