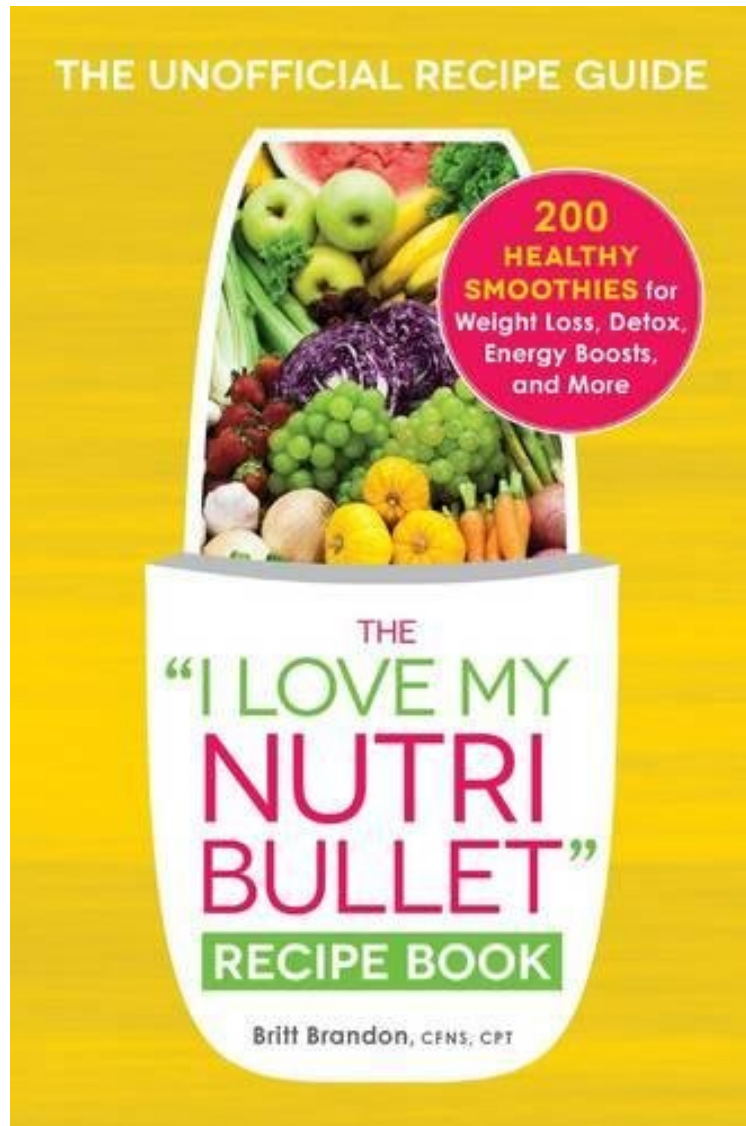


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## The I Love My NutriBullet Recipe Book: 200 Healthy Smoothies for Weight Loss, Detox, Energy Boosts, and More (quot;I Love Myquot; Series)

*Britt Brandon*

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**Britt Brandon : The I Love My NutriBullet Recipe Book: 200 Healthy Smoothies for Weight Loss, Detox, Energy Boosts, and More (quot;I Love Myquot; Series)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The I Love My NutriBullet Recipe Book: 200 Healthy Smoothies for Weight

Loss, Detox, Energy Boosts, and More (quot;I Love Myquot; Series):

Delicious smoothie recipes for ultimate health! Get ready to find even more reasons to love your NutriBullet! This recipe book offers 200 delicious smoothies created specifically for your favorite kitchen appliance. You'll learn how to use your NutriBullet to create nutrient-rich smoothies that help you meet all of your wellness goals, including: Cleansing and detoxing your body Promoting heart health Boosting your brain function Shedding excess pounds Organized by health benefit, each chapter gives you a tasty and nutritious blend of fruits and vegetables that will keep you feeling full throughout the day. Whether you're looking to increase your energy, stimulate weight loss, or improve your skin, you'll transform your body from the inside out with these nourishing NutriBullet recipes!

About the Author Britt Brandon is a certified personal trainer; a certified fitness nutrition specialist; and the author of many books, including Apple Cider Vinegar for Health, Coconut Oil for Health, The I Love My NutriBullet Recipe Book, Activated Charcoal for Health, and The "I Love My Instant Pot" Vegan Recipe Book. As a competitive athlete, trainer, mom of three small children, and fitness and nutrition blogger on her own website (UltimateFitMom.com), she is well versed in the holistic approaches to keeping your body in top-performing condition.