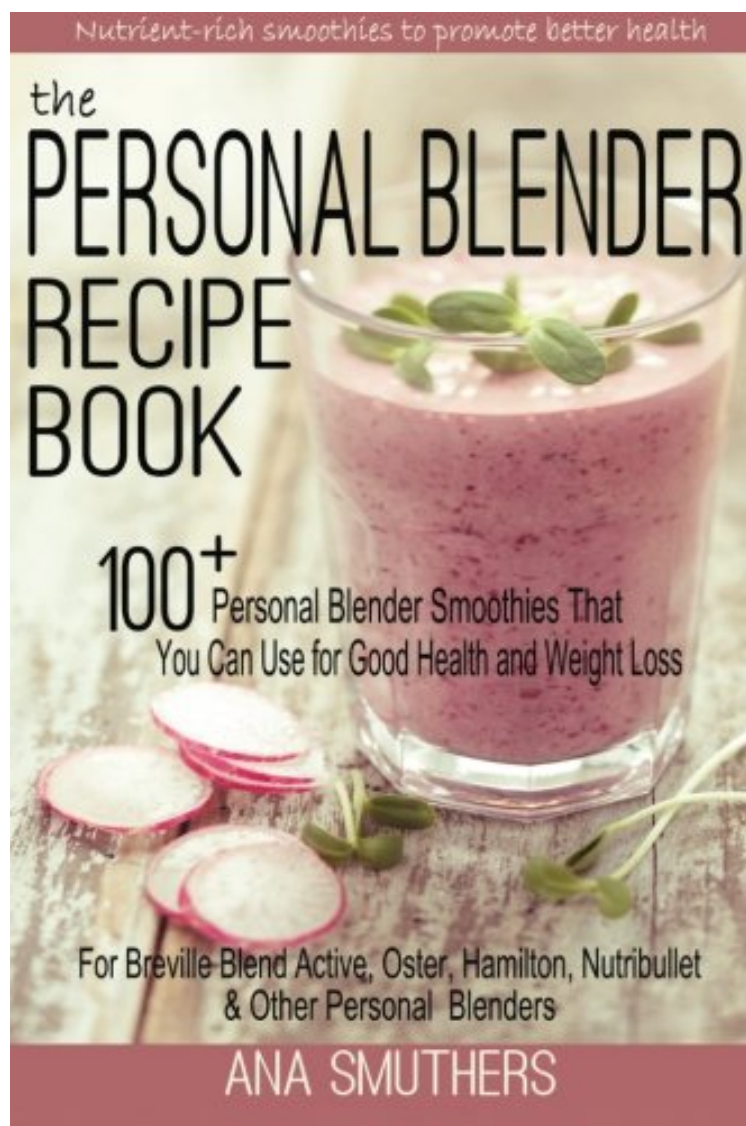


[PDF] The Personal Blender Recipe Book: 100+ Personal Blender Smoothies That You Can Use for Good Health Weight Loss - For Breville Blend Active, Oster, Hamilton, Nutribullet Other Single Serve Blenders

## The Personal Blender Recipe Book: 100+ Personal Blender Smoothies That You Can Use for Good Health Weight Loss - For Breville Blend Active, Oster, Hamilton, Nutribullet Other Single Serve Blenders

Ana Smuthers

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Personal Blender Recipe Book: 100+ Personal Blender Smoothies That You Can Use for Good Health Weight Loss - For Breville Blend Active, Oster, Hamilton, Nutribullet Other Single Serve Blenders:

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The Personal Blender Smoothie Recipes—Delicious, Nutritious Easy Smoothies! This personal blender recipe book works perfectly with: Breville Blend Active, Nutribullet, Philips, Duroc, Morphy Richards, Russell Hobbs, Vitamix, Nutri Ninja, Hamilton Beach, Oster, Ninja Master Prep, BELLA and others Over 100 Blend Go Recipes to help you lose weight, increase energy and enjoy good health.. Pop these smoothie ingredients into your Blend-Active or other Personal Blender, then process and enjoy mouthwatering goodness. The Personal Blender Recipe Book serves up over 100 delicious and nutrient-dense one-person-portion smoothies using the most natural ingredients. Whether you're going to work, gym, to the car or simply at home, in seconds you will be blending and enjoying a smoothie to your liking! Smoothie expert author, Ana Smuthers loves these smoothies—and I'm sure you'll love them too. As a smoothie nut, she shares her life-changing Personal Blender Recipe Book with over 100 tasty smoothies. Additionally, Ana shares her personal guidelines for making the best personal smoothies that you could ever make. Every smoothie recipe is created to enrich your body with essential vitamins, minerals, live enzymes, phytochemicals and antioxidants. Be motivated to power up your Blend-Active or Personal Blender with smoothies for you to lose weight, revitalize or just simply enjoy. Drink smoothies with a purpose—every sip counts! Get your copy today! Each recipe has been calorie counted for your convenience

About the Author Ana Smuthers has experienced the best of both worlds—she grew up in Camden, London while she would spend every single holiday with her beloved grandparents who lived in the suburbs of New York City. For the past 9 years, Ana has been an avid health advocate for eating natural whole foods to promote optimum health and vitality. She has demonstrated an innate ability to convert naturally healthy foods into taste-bud-dancing and interesting delights. As a result, her recipes have easily won the hearts of her family, friends, co-workers and gym-mates. Ana's mission is not complicated: to share her life-changing recipes and personal tips with others who want to embrace a healthy lifestyle in an easy and delicious way. Today, Ana lives in Richmond Hill, New York with her beloved husband, Tom and her 5-year old daughter, Ella. Whenever, she is not busy making another healthy smoothie or treat, she turns her attention to fashion and enjoys shopping for trendy fashion styles.