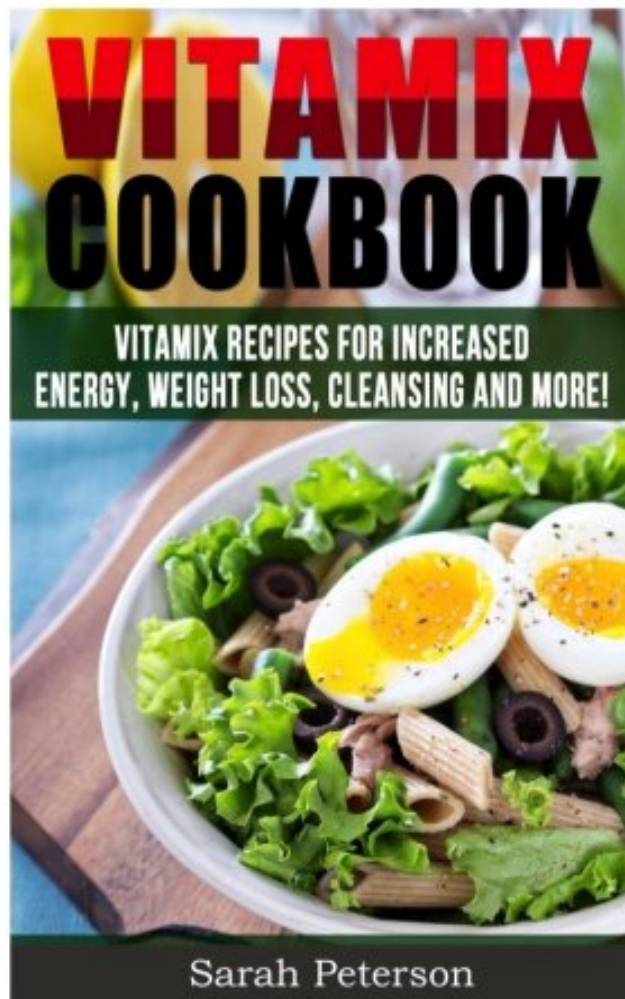


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Vitamix Cookbook: 400 Vitamix Recipes for Increased Energy, Weight Loss, Cleansing and More

Sarah Peterson

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DISCOVER 400 AMAZINGLY DELICIOUS, FAST EASY VITAMIX RECIPES If you want to prepare quick, easy and delicious smoothies, shakes, soups and more then this recipe book is for you.... **THIS RECIPE BOOK** was created for people like you who are **BUSY** but still want to eat healthy. When it comes to getting your daily dose of fruits and vegetables, it seems that there is just not enough time in the day to make sure that you have consumed the amount that is necessary. Some of us make it a point to go to the store and purchase a hefty amount of fruits and vegetables, thinking we will certainly eat them throughout the week, and then they get tossed when we forget about them. One of the best solutions to this problem is juicing with the Vitamix. Using this book, you will come across a variety of different soup, sauce, and smoothie blends that work to combine fruits, vegetables, and other ingredients so you can truly get the most out of what you put into your body. Various combinations of ingredients, as you will notice, work to ward off illness and keep your energy up, while other combinations might help treat stubborn acne or improve your complexion. Whatever the area you are targeting - whether it be internal or external - there is surely a Vitamix recipe in here that will work for you. These recipes are delicious, easy to concoct, and will leave you feeling completely refreshed and energized. **HERE ARE JUST A FEW OF THE AMAZING VITAMIX RECIPES INSIDE THIS BOOK**
bull; Vitamix Basil Tomato Soup bull;Vitamix Balsamic Dressing bull;Vitamix Spinach Dip bull;Vitamix Alfredo Saucebull; bull;Vitamix Breakfast Bars bull; Vitamix Strawberry Banana Fusion Smoothie bull;**MUCH MUCH MORE!**