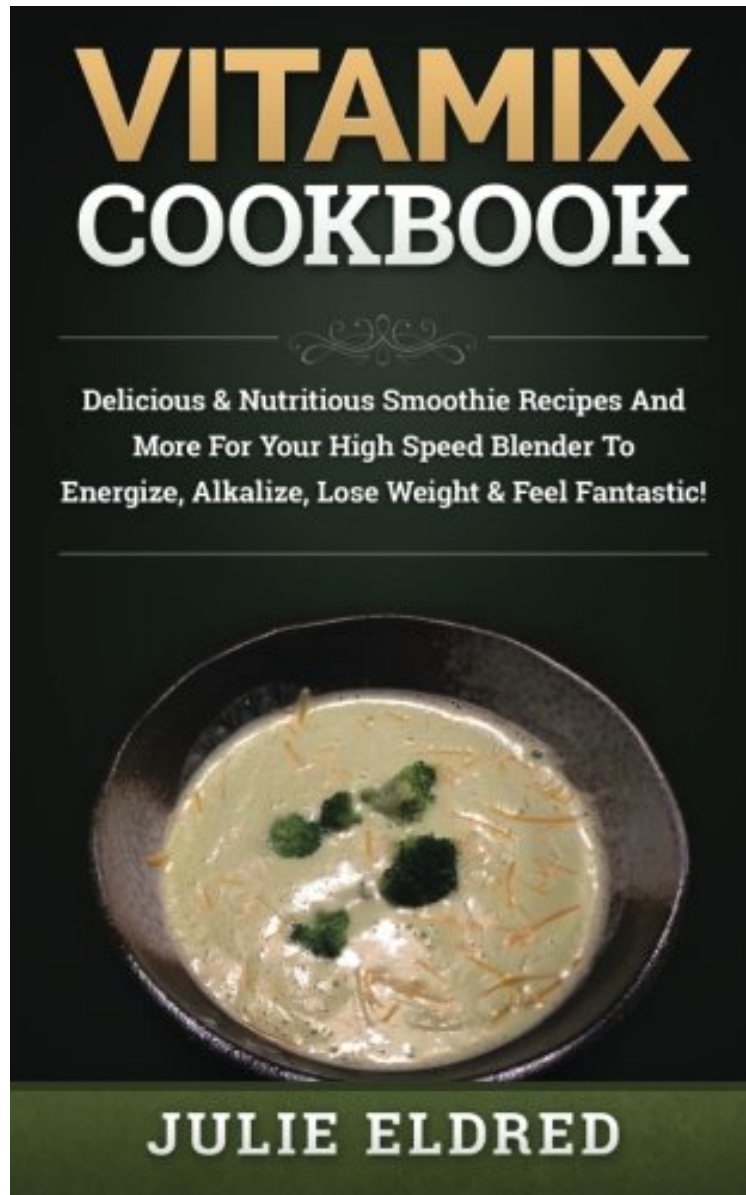


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Vitamix Cookbook: Delicious Nutritious Smoothie Recipes And More For Your High Speed Blender To Energize, Alkalize, Lose Weight Feel Fantastic!

Julie Eldred

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before purchasing it in order to gauge whether or not it would be worth my time, and all praised Vitamix Cookbook: Delicious Nutritious Smoothie Recipes And More For Your High Speed Blender To Energize, Alkalize, Lose Weight Feel Fantastic!:

2 of 2 people found the following review helpful. A great guide
By Terence Martin
Aimed at familiarizing users of the Vitamix blender this is basically a recipe book listing some very healthy smoothies, using mostly raw food. The blender is also good for making sauces and there are plenty of recipes. If like me you have used a juicer in the past you will find the blender and smoothies different. With a smoothie the ingredients are still in the drink-- just water has been added. Juicers are excellent but a blender retains all the nutrients and fiber. Whatever has gone into the mix is still retained. There are many advantages but as someone who has used both I have to say the Vitamix blender must work out so much cheaper by a long way, plus the benefits of being more filling so less of the hunger associated with dieting. A great guide.
0 of 0 people found the following review helpful. The recipes also seemed boring, misspelled words
By Christine
I returned this cookbook, as I didn't care for the uninspiring layout with no pictures. The recipes also seemed boring, misspelled words, poor editing. Sorry.
1 of 1 people found the following review helpful. Nicely done in a concise format
By M. Baker
This is a compilation of recipes from other sources with citations. Very simple and easy for a blender novice. Great!

Ready? Set. Blend! Hi, i'm Julie and cooking is my passion! When I got my blender I spent a few months making the basic green smoothies that everyone does... then I decided to experiment! This book contains all of the delicious, nutritious recipes I discovered with my blender - you're going to learn how to make a variety of smoothies, dips, soups and much more! If you own a high speed blender I would go as far as saying you NEED to own this book. This Book Is The ULTIMATE Companion For Your High Speed Blender Here's A Preview Of What The Unofficial Vitamix Cookbook Will Show You How To Make: **Delicious Smoothie Recipes Including Breakfast and Weightloss Oriented Smoothies**; **Sauce Recipes Including Tomato Sauce, Avocado Yoghurt, Pesto More!**; **Salad Dressing Recipes Suitable For Everyone**; **Soup Recipes Including Pumpkin, Beetroot And Broccoli To Name A Few**; **Delicious Dessert Recipes That Are Still Healthy! Because Sometimes We Need To Indulge**; **Dips And Spreads**; **An Assortment Of Additional Recipes Including My Infamous Paleo Porridge!**