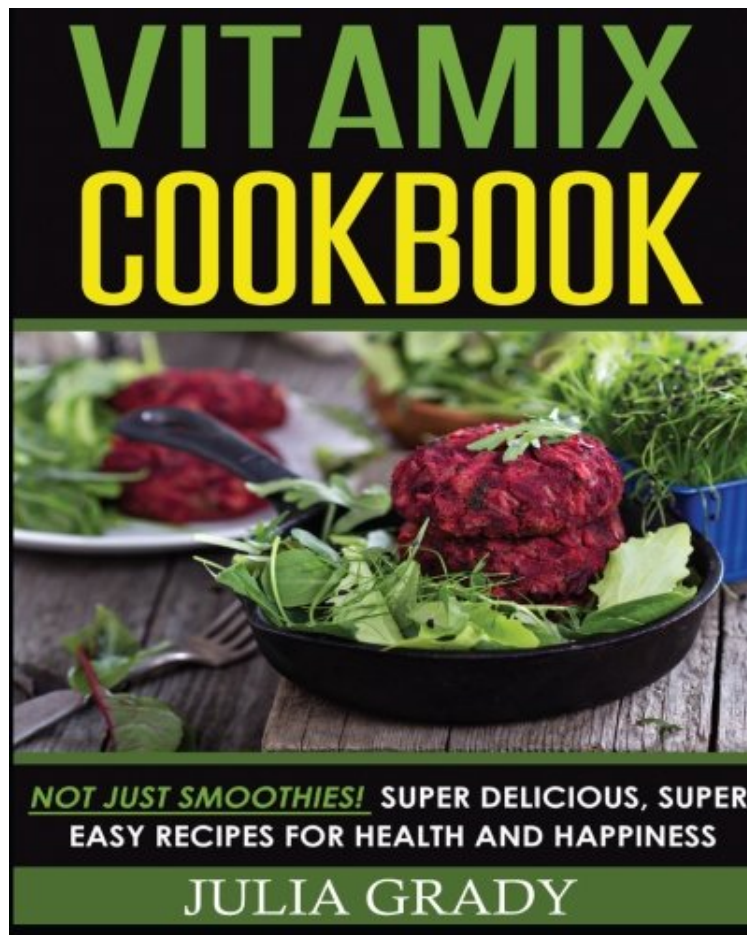


[Free] Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Recipes for Health and Happiness

Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Recipes for Health and Happiness

Julia Grady

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Julia Grady : Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Recipes for Health and Happiness before purchasing it in order to gauge whether or not it would be worth my time, and all praised Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Recipes for Health and Happiness:

29 of 29 people found the following review helpful. Fresh and unusual By The Bear It has beautiful, full-page photos with most of its recipes, and the photos also provide food presentation ideas. My wife says these recipes are entirely different from the other cookbook we have from Vitamix and, in fact, different from anything she has ever seen such as the "cherry smoothie" and the "peanut butter/banana smoothie." We like smoothies, obviously, but there are other recipes here, too, such as blender burgers, soups, dips, dressings, sauces and frozen concoctions. Fresh and unusual. 10 of 11 people found the following review helpful. Great recipes! By Eve This cookbook offers an array of recipes to

make using your Vitamix. It even starts with a chart comparing Vitamix models in case you're looking to purchase or upgrade. Having only had my Vitamix for a few weeks, I'm still learning everything that it can do. I've used it multiple times a day since purchasing it. This cookbook has some great recipes not found in the cookbook that accompanies the Vitamix. These aren't really main meals, more soups, dips and burger patties - but all original and the photos make a nice finishing touch. I am especially keen to try some of the variations on hummus and the black bean burgers. It's true that a lot of the recipes call for some preparation (chopping, simmering, baking in the oven), but let's face it, the repertoire of Vitamix recipes in general would be pretty small if it was just limited to recipes you can throw in the Vitamix without any kind of prep (as nice as that is!) My only disappointment is that there are no suggestions for replacing common allergens like wheat/gluten, dairy, eggs or nuts. This book does not claim to be allergy-friendly so I can't complain too much. I'll be trying many of the recipes with my own substitutions and a bit of trial and error. I purchased this book in Kindle format and, while not perfectly optimised for Kindle, it's still readable. Looking forward to trying more Vitamix recipes! Thank you.

45 of 46 people found the following review helpful. High quality, great presentation, lots and lots of great recipes. By TGArmstrong This is a great book! I have had a Vitamix for 3 or 4 years, and we have used it, but not to its fullest potential. We have always made a few of our favorite things, but have never really explored all the possibilities. When I saw this book, I thought that it would be worth the small investment (compared to the big price of buying the Vitamix). This is a high quality book. The presentation is fantastic with lots of images and the recipes are laid out well. The first thing that impressed me about the book was the amount of recipes. There are 8 chapters or different sections, with each having 10 to 15 different recipes. The Soups section and Burgers section will be the place that I will start first, but it will take a long time to try all of these recipes. I am excited to really start using my Vitamix again. Thanks!

Make the most of your Vitamix! Whether your new to the world of high-speed blenders or have been using a Vitamix for years, the Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Recipes for Health and Happiness is going to help you make amazingly healthy and delicious soups, dips, sauces, smoothies, desserts, and more. Many people are excited when they first purchase a Vitamix but aren't really sure what to do with it besides make smoothies. While the Vitamix is great for making smoothies it has the potential to be used for so much more. This book contains a plethora of recipes that can all be made quickly and easily right in your Vitamix. So what are you waiting for? Healthy and Delicious Vitamix Recipes Including: Nuts Milks Nut Butters Blender Burgers Super Soups Delicious Dips and Dressings Sensational Sauces Superfood Smoothies Frozen Concoctions ...And More! Get your copy today! Happy blending!