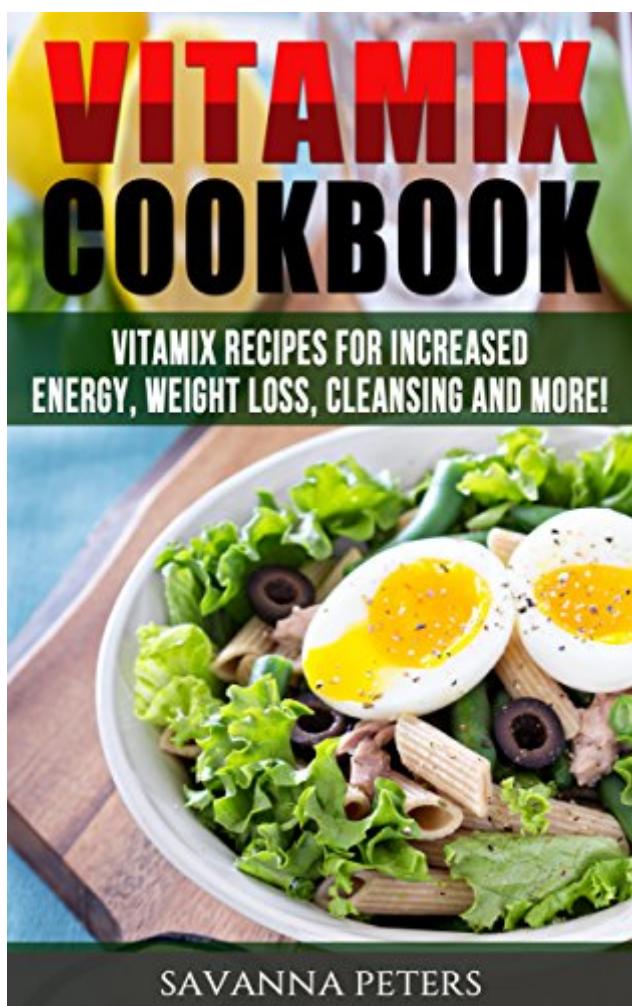


The book was found

Vitamix Cookbook: 400 Vitamix Recipes For Increased Energy, Weight Loss, Cleansing And More (Soup Recipes, Smoothie Recipes)



Synopsis

DISCOVER 400 AMAZINGLY DELICIOUS, FAST & EASY VITAMIX RECIPES***Read this book for FREE on Kindle Unlimited - Download Now!*** 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 BOOKâ ¢ Vitamix Basil & Tomato Soupâ ¢Vitamix Balsamic Dressing â ¢Vitamix Spinach Dipâ ¢Vitamix Alfredo Sauceâ ¢â ¢Vitamix Breakfast Barsâ ¢ Vitamix Strawberry Banana Fusion Smoothieâ ¢MUCH MUCH MORE! Download Now for Instant Reading by Scrolling Up and Clicking the Buy Button

Book Information

File Size: 2442 KB

Print Length: 457 pages

Simultaneous Device Usage: Unlimited

Publication Date: September 28, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B015Y5Q3VU

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #341,346 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #90 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #108 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Non-Alcoholic #133 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Meals > Soups & Stews

Customer Reviews

This cookbook packs a lot of punch. One doesn't have to scan a lot of cookbooks and websites for a Vitamix recipe. It contains tasty meals that are both healthy and quick to prepare. For someone that runs out of idea for breakfast, I don't mind cooking one of its breakfast recipes for they are vey easy to prepare. Soups are are my to-go meal for some quick fix and this cookbook provided interesting recipes that I can try.

Lots of recipes but no index so too difficult to find a recipe

I was very disappointed in this book. I inherited a Vitamix but no one could ever find the book that went with it. It doesn't explain things too well.

Love my Vitamix and am enjoying reading and picking out more recipes to make. So many recipes!

Great book with good receipts

Not really all that much of a Vitamix cookbook. The reference to helping with health conditions isn't followed up on with information on which recipes help with what. Unless it's a smoothie or salad dressing, most of the instructions use the oven or stove with the Vitamix thrown in. There are recipes that use 'peanut butter' (store bought has too much Trans fat, defeating the purpose of the Vitamix) when you can make your own or use nuts as part of the blended ingredients. Also the ingredients give away that the author is not that much of a cook. Examples; using 'capsicum', this is the genus of all peppers, instead of telling you which pepper to use (this impacts flavor and heat), and using shallots/spring onion as a description for the same thing (should be scallions and spring onions). There is a almond, raisin recipe that sounds interesting, but there no explanation on what it

is or what it's used for. This seems like a collection of recipes just pulled from different sources without thoroughly being edited.

Mostly another Smoothie Cookbook. No pictures.... Not good quality

Sloppy. Not worth paying for or downloading.

[Download to continue reading...](#)

Vitamix Cookbook: 400 Vitamix Recipes for Increased Energy, Weight Loss, Cleansing and More (Soup Recipes, Smoothie Recipes) Smoothies: 365 Days of Smoothie Recipes (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight Loss, Smoothie Cleanse, Smoothie Diet) Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These Amazing, Delicious, Quick and Easy Recipes (VITAMIX RECIPE COOKBOOK, 90+ PAGES, VITAMIX RECIPE BOOK) Slow Cooker Soup Recipes: 50 Most Delicious & Healthy Slow Cooker Soup Recipes for Better Health and Easy Weight Loss (Soup Recipes, Chicken Soup, Soup Cookbook, Slow Cooker Soup Recipes) Smoothies: Everyday Smoothies For Beginners (Smoothie, Smoothies, Smoothie Recipes, Smoothies for Weight Loss, Green Smoothie, Smoothie Recipes For Weight ... Diet) (healthy food for everyday Book 5) Green Smoothie Recipe Book: 500 Delicious Green Smoothie Recipes for Weight Loss, Better Health, Energy & Cleansing (Green Smoothies, Nutribullet Recipe ... Juicing Recipes, Fat Loss, Cleanse, Detox) Nutribullet Recipes: 365 Days of Smoothie Recipes for Rapid Weight Loss, Detox & Burning Fat: Smoothie Recipes for Weight-Loss, Detox, Anti-Aging & So ... Loss Drinks, Anti-Aging, Juicing Recipes) Vitamix Recipes: Quick Easy and Tasty Vitamix Recipes: Delicious Vitamix Recipes for Busy People Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade ... & Much More (Vitamix Recipes Series Book 1) Soup Diet: Souping: The New Juicing - Clean Soups and Bone Broth for Rapid Weight Loss (Soup Cleanse Cookbook, Clean Soups, Bone Broth, Bone Broth Cookbook, Soup Recipes Book 1) Nutri Ninja Recipe Book: 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved Health (Nutri Ninja Recipes Book 1) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) South Beach Diet Smoothie Cleanse: Weight-Loss, Detox, Anti-Aging, Quick and Delicious South Beach Diet Smoothie Recipes to Lose Weight, Boost Brain Power and Increase Energy Nutri Ninja Recipe Book: 70 Smoothie Recipes for Weight Loss, Increased Energy a

Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These Amazing, Delicious, Quick and Easy Recipes Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)