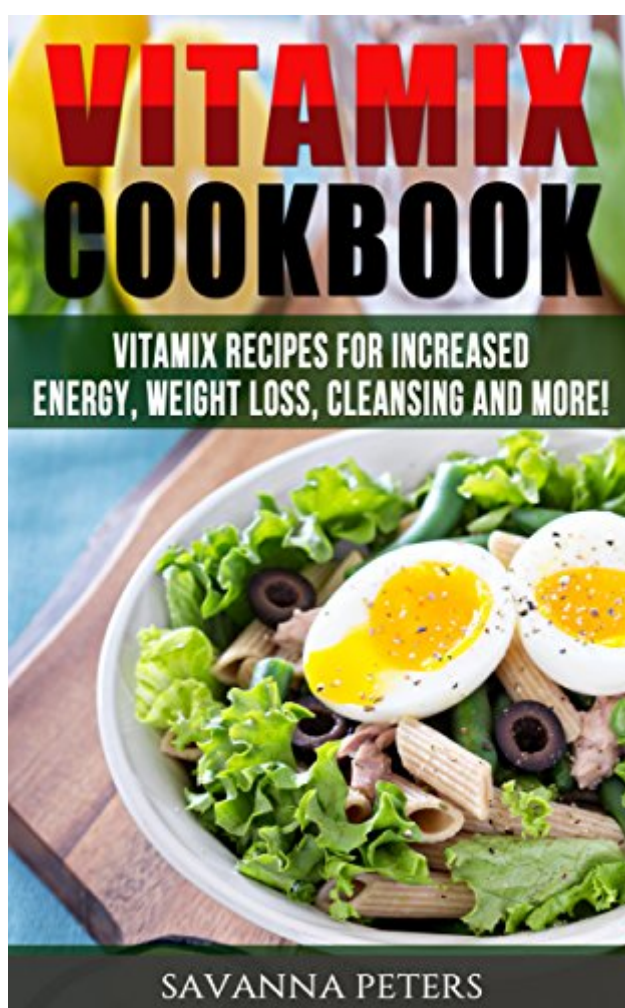


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# Vitamix Cookbook: 400 Vitamix Recipes For Increased Energy, Weight Loss, Cleansing And More (Soup Recipes, Smoothie Recipes)



## 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 BOOK

- Vitamix Basil & Tomato Soup
- Vitamix Balsamic Dressing
- Vitamix Spinach Dip
- Vitamix Alfredo Sauce
- Vitamix Breakfast Bars
- Vitamix Strawberry Banana Fusion Smoothie

MUCH MUCH MORE!

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## Book Information

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## 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 very easy to prepare. Soups 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.

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