

The Complete Healthy Smoothie for Nutribullet



BOOK DETAILS

- Author : Jason Manheim
- Pages : 200 Pages
- Publisher : Skyhorse Publishing
- Language : English
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BOOK SYNOPSIS

In his previous books, such as his National Bestseller *The Healthy Green Drink Diet*, Jason Manheim taught us how to make delicious green smoothies, protein smoothies, and superfood smoothies that work wonders for organ health, immune system strength, and weight loss. Now, Manheim recreates these healthy recipes specifically for the Nutribullet (although they will work in other blenders) and makes them available—for the first time—all in one place. While Manheim's recipes are fantastic on their own, they can also easily be used as templates to expand your Nutribullet smoothie repertoire. Learn about adding healthy fats such as virgin olive oil, avocado, and coconut oil, and get advice on eliminating separation and foam. Everything you need to energize, look good, and feel great with healthy smoothies is packed within. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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