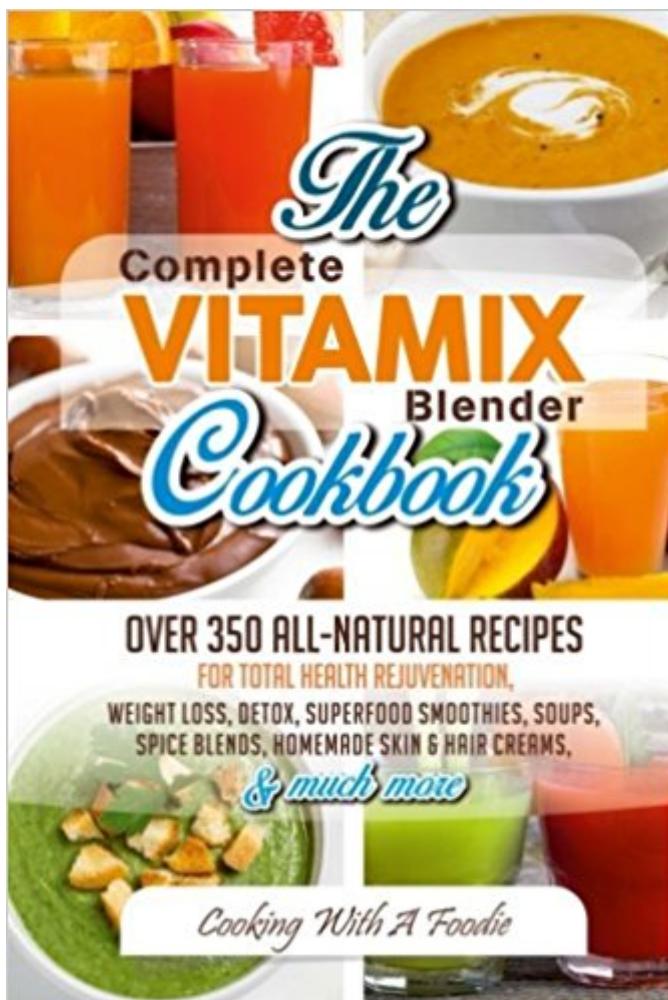


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# Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin & Hair Creams & Much More





## Synopsis

NEW UPDATED EDITION: Thank you to our readers for submitting your comments. We've listened to you and fixed our mistakes and will always continue to do so. The Complete Vitamix Blender Cookbook will change your life. This quick & easy to use guide will show you how to make the most of all the nutrients that natural foods have to offer in delicious smoothies, juices, nut milks, spices, homemade creams and butters and much more. Start drinking wholesome all-natural smoothies 1-2 times a day and feel amazing & so full of energy. Your body will naturally start shedding extra weight on its own, while your skin glows and appears incredibly radiant. The Complete Vitamix Blender Cookbook focuses on how to: - turn an ordinary smoothie into a "superfood smoothie" - make fresh-squeezed juices that don't suck - achieve "push-button" weight loss - speed up your body and mind with a daily energy boost - slow down your body's natural aging process to look and feel younger than ever - make nutritious and filling meals with nothing but a few ingredients and your Vitamix We even included the most popular recipes people search for: - strawberry banana smoothie - kale smoothie - avocado smoothie - jamba juice - aloe vera juice - pomegranate juice - homemade ice cream recipes - homemade cosmetics (natural cosmetics) - homemade lotion for natural skin care (like shea butter) - homemade spices IN THIS VITAMIX RECIPE BOOK, YOU WILL FIND: 100 Smoothie recipes (including organic green smoothie recipes) - 20 superfood smoothies - 20 high-protein smoothies - 20 weight-loss smoothies - 10 anti aging smoothies - 10 detox smoothies - 10 energy smoothies - 10 high calorie smoothies 100 Juice recipes (juicing recipes that actually taste great) - vegetable juice recipes - green juice recipes - detox juice recipes - juicing recipes for weight loss - juicing for weight loss 25 Nut milk recipes - almond milk recipe - cashew milk recipe - pistachio milk - many more 10 Organic nut butter recipes - cashew butter - pistachio butter - almond butter - brazil nut butter - many more 25 Easy soup recipes - chicken soup recipes - potato soup recipes - lentil soup recipes - vegetarian soup recipes - miso soup recipes - many more 25 Fresh spices and herbs - indian spices - taco seasoning - homemade spices - lemon pepper rub - many more 25 Flavored coffee & tea blends - coffee recipes - tea recipes - french vanilla - lemon balm tea - cinnamon coffee - coconut water iced coffee - many more 20 Milkshake recipes - cake batter milkshake - frozen caramel hot chocolate - kit kat milkshake - mini s'more brownie - nutella milkshake - many more 25 Homemade skincare recipes - body butter recipes - lemon cream body butter - peppermint body butter - baby skin cream - many more But this book isn't just about vitamix recipes. You will also learn: 1. A comparison of the top blenders (blendtec vs vitamix, ninja vs vitamix, etc) 2. How to use different vitamix blender containers (like vitamix 64 oz container) 3. How to purchase a refurbished vitamix (aka reconditioned vitamix) 4. How to properly

clean your machine A life with more energy, more time & a fit sexy body awaits you. You will ooze confidence out the wazoo. You won't regret buying the Complete Vitamix Blender Cookbook!

## **Book Information**

Series: Vitamix Blender Recipes

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## **Customer Reviews**

I was excited to see a Vitamix "cookbook" with so many recipes, that I never even dreamed it would not contain even one legitimate recipe. These are simply ingredient lists with a broiler plate "instructions" given after each list. . in each section the broiler plate "instructions" are exactly the same. While there may be some value in 350 ingredient lists, as a cookbook, it has very little to no value really. Additionally, I purchased the kindle version, and almost none of the hyperlinks to the "recipes" even work. Given these are not actual recipes to begin with, I am so glad I didn't purchase paperback version. I would be much more upset by the deception.

Very disappointed with this "recipe book" - not sure what all the positive reviews are about. It is just a list of ingredients, not recipes. I wanted to try making more food, like dips, soups, sauces in my Vitamix; and while this book does have lots of ingredient lists for soups it gives the catch all instructions on the title page of the section "Blend as desired." Point is - I don't know what I desire! The Vitamix recipe book explains adding ingredients in stages, so recipes are a definite must in order to get the right outcome. From just a simple user side - the paper used for the pages is very low quality "paper-book novel" feel - which won't work for a book used in the kitchen

this is NOT a "cookbook"! it is a poorly formatted, loosely organized collection of INGREDIENT SUGGESTIONS. every vitamix recipe should be written with the ingredients listed in the same order as added to the mixer...this one is NOT. most of the text is clpy/paste, same uber-basic, generic instructions on every "recipe" - more time was spent on the ingredient-based names of each entry. no pics, no actual steps, and incomplete ingredient / measurement listings. i was excited about just receiving my new Vitamix, and wanted to have more smoothie & soup ideas...this book isn't at all what i expected...i'm extremely DISAPPOINTED in this book, but i'll keep looking for a REAL resource. this collection would have been overpriced @ 99Â£, definitely not worth the over \$3 kindle price. DO NOT WASTE YOUR \$\$\$!!!!

This book did not contain sufficient directions especially on the soup recipes, which sometimes called for raw meat with no explanation as to how to prepare it!

I was looking for older version of Vitamix blender cookbook. Fairly good for those whom have not used an earlier model of Vitamix.

Gave to my niece and makes smoothies every morning for her son. Also uses it for other food items. Says it is a good book.

Love it and my old vitamix. Just need more time to experiment.

The Vitamix Blender (VB) has many recipes for natural smoothies and that is its greatest strength. And we also got Blender Girl too which is quite good too. VB has good insights into how to get max effect out of the blender. However, much of the content can be found on the Internet just by Googling your subject of interest. But that said, author has done much of that work for you and that is why we bought this book.

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More 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) 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) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These Amazing, Delicious, Quick and Easy Recipes 100 Tips For Hair Loss: How to Deal With Hair Loss and Assist Your Hair Growth (hair loss, hair growth, alopecia, grow hair, baldness, balding) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1) 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) Hair Loss Cure: Everything You Need to Know About Hair Loss, Hair Loss Prevention, Hair Re-growth and Hair Loss Treatments (Hairloss treatment) Vitamix Recipes: Quick Easy and Tasty Vitamix Recipes: Delicious Vitamix Recipes for Busy People Hair Loss: 5 Easy Steps To Stop and Prevent Hair Loss (hair loss, hair care, bald, beauty care, personal hygiene, natural health remedies, personal health care) 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) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) Vitamix Cookbook: 400 Vitamix Recipes for Increased Energy, Weight Loss, Cleansing and More (Soup Recipes, Smoothie Recipes)

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