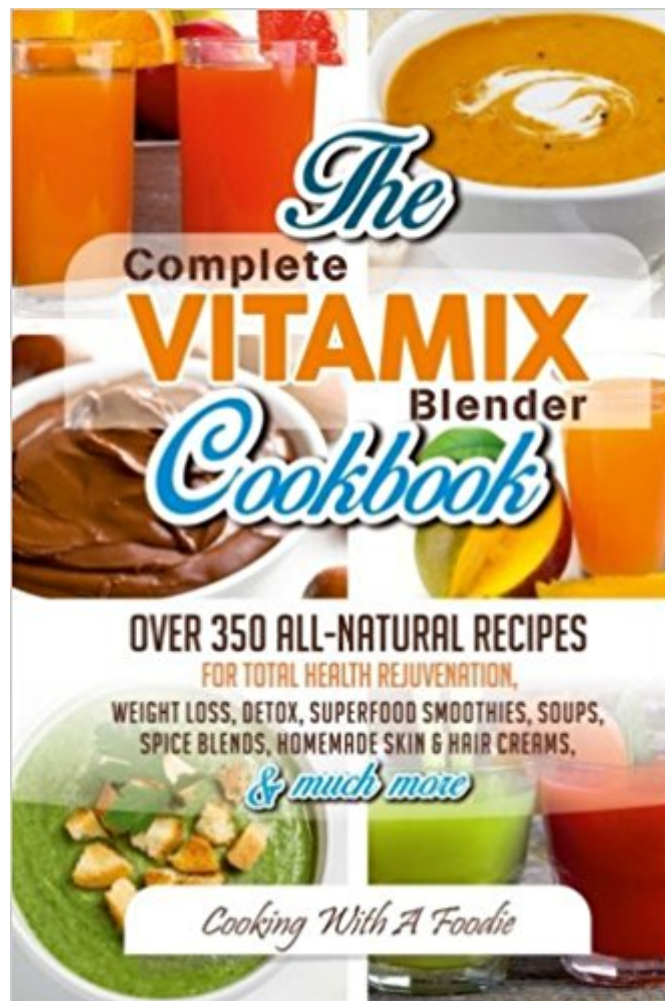


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# **Complete Vitamix Blender Cookbook:: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, ... More (Vitamix Blender Recipes) (Volume 1)**





## 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

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## Customer Reviews

I should have heeded another reviewer's note that there are no instructions on the recipe. They are literally just ingredient lists. The main reason I wanted this was to better understand the techniques that yield optimal results with the Vitamix. The recipes on the Vitamix website are much more helpful because they indicate variables like speed and time.

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

Though it cost \$13.48, it is more like a slim \$2.00 pamphlet. The 350 recipes are merely lists of ingredients without directions--in some cases it is obvious that it all goes in the blender and in others

it is not, since more steps are necessary. The recipes themselves, touted on the cover as promoting weight loss and detox, etc. often include large quantities of butter and cream. The washing instructions indicate that everything but the base goes in the dishwasher, when my vitamix blender instructions forbid using the dishwasher. But there is a disclaimer attributing the content of the book to the "opinions of the author." No author is listed

Wow, over 350 recipes! I bought this book for a friend who owns a Vitamix blender. After flipping through the book, I've bookmarked several recipes I plan to try over the next few days. The book provides information on how to use the Vitamix, as well as a ton of recipes for all types of smoothies, soups, nut butters, etc, etc. It's incredibly thorough. Great book!

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!

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 copy/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 @ 99¢, definitely not worth the over \$3 kindle price. DO NOT WASTE YOUR \$\$\$!!!!

The book lists a generic direction before each section. Then just lists ingredients. I am a well knowledgeable cook, but this shortcut the author took is cheap and lazy to me. Most people will not be able to follow the recipes. Give instructions for each recipe and take a little time to give directions for each. This is worth the .99 cent price for kindle rather than what was charged.

My partner just bought me a new Vitamix blender recently, because he knows that I really love smoothies and I'm also on diet. The book includes 350 all natural smoothies, so you really have many choices. The book also contains some tips and techniques on how to save 10 plus hours a week, and it also have a Vitamix quick start guide for beginners. I would definitely give two thumbs

up for this!

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