



Vitamix Cookbook: 50 Easy, Healthy, and Delicious Recipes - Look Good - Feel Better - Live Strong

Brianna Faye

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Stay Healthy for Life with Your Vitamix Blender!

In *Vitamix Cookbook*, you'll learn how the Vitamix Blender works – and how it can transform your life. You'll discover plenty of simple, easy-to-follow Vitamix recipes in this fascinating and life-changing book. With a little creativity, will-power, and a trip through your local produce market, you can make a huge difference in your health!

Vitamix Cookbook explains how you can develop a healthy lifestyle by cutting out alcohol and tobacco, getting more physical activity, improving your posture – and getting the most out of your Vitamix Blender. With the right diet and lifestyle, you can avoid the Big Four: cardiovascular disease, cancer, respiratory disease, and diabetes.

You'll love to try new recipes—and create your own—with the

Vitamix Cookbook. From Lime Cilantro Banana Ginger Smoothies to Lemon Thyme Dipping Roasted Brussels Sprouts Soup, this book offers a huge variety of recipes for you and your family.

Here's a preview of what you'll get from this engrossing book:

- Traditional and modern dessert variations like Pumpkin Pie, Pumpkin Brownies, and Chocolate Wheat Flour Pumpkin Muffins
- Succulent Smoothies of all kinds like Creamy Orange Cranberry Banana, Coconut Beet Lemon Carrot, and Tofu Banana Pineapple Orange.
- Delicious and Decadent Desserts such as Cinnamon Vanilla Banana Apple Ice Cream
- Steaming and Savory Soups like Mozzarella Ciabatta White Bean Tuscan Tomato and Chicken Cabbage
- Popular and Energizing Drinks like Orange Tequila Grand Marnier Lemon Cocktail and Lime Orange Banana Pineapple Coconut
- Hearty Dinners such as Polenta Mushrooms Kale, Honey Pecan Butter Bacon Parsley Butternut Squash Puree, And Carrot Garam Masala Ginger Strain

Don't wait another minute to get the nutrition your body needs – Read *Vitamix Cookbook* today!

You'll be so happy you did!

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