



Vitamix SUPERFOOD Recipes: Delicious and Nutritious Smoothie Recipes with Superfoods for Better Health, Energy, and Immunity Boost (Vitamix Recipes, Weight ... Smoothies, Diet, Superfood smoothies)

Celeste Jarabese, Content Arcade Publishing

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GET THE MOST DELICIOUS, FAST & HEALTHY VITAMIX SUPERFOOD RECIPES

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Vitamix Superfood Recipes book

is made for people who are

BUSY BUT DO NOT COMPROMISE ON THEIR HEALTH

INTRODUCTION:

Nowadays, more and more people are developing healthier habits to achieve wellness and longevity. While others, who are already suffering from chronic degenerative diseases are looking for ways to reverse their health condition.

This recipe book aims to provide ideas on how to prepare smoothies using a dependable blender known by many as "Vitamix". This machine will breakdown each and every ingredient no matter how soft or hard it is, to give you the satisfying smooth texture that you desire as well as the benefits you can get from the Superfoods that were added in each recipe.

Superfoods is the term used for different kinds of food that are packed with high amounts of antioxidants, fiber, vitamins, and minerals. Which when consumed on a regular basis can help reverse certain health conditions and also promote overall well-being.

There is a very long list of superfoods that we can include in our daily diet. In this book, each smoothie

recipe combines two or more superfoods to give you maximum health benefits. They are quick, tasty, and very easy to prepare with the help of your super efficient Vitamix blender.

So what are you waiting for? Grab a copy of this book and start reaping these amazing health benefits TODAY!

FEATURED VITAMIX RECIPES INSIDE THIS BOOK:

- Apple Banana and Veggie Delight
- Goji Berry Papaya Banana and Almond Smoothie
- Almond Banana and Kale Smoothie
- Ginger-Spiced Mango Apricot and Chamomile Smoothie
- Strawberry Yogurt and Parsnip Smoothie with Flax
- Almond Banana and Oat Smoothie with Cardamom
- Watermelon Berry and Cucumber Cooler
- Blackberry Parsnip and Soy Smoothie with Hemp Seed
- Beet Apple and Tea Smoothie with Pepper
- Persimmon Grapefruit and Banana Shak
- Blackberry Oat and Almond Smoothie
- Spinach Pineapple and Coconut Smoothie

AND SO MUCH MORE!

You need this book! Scroll up and buy now.

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