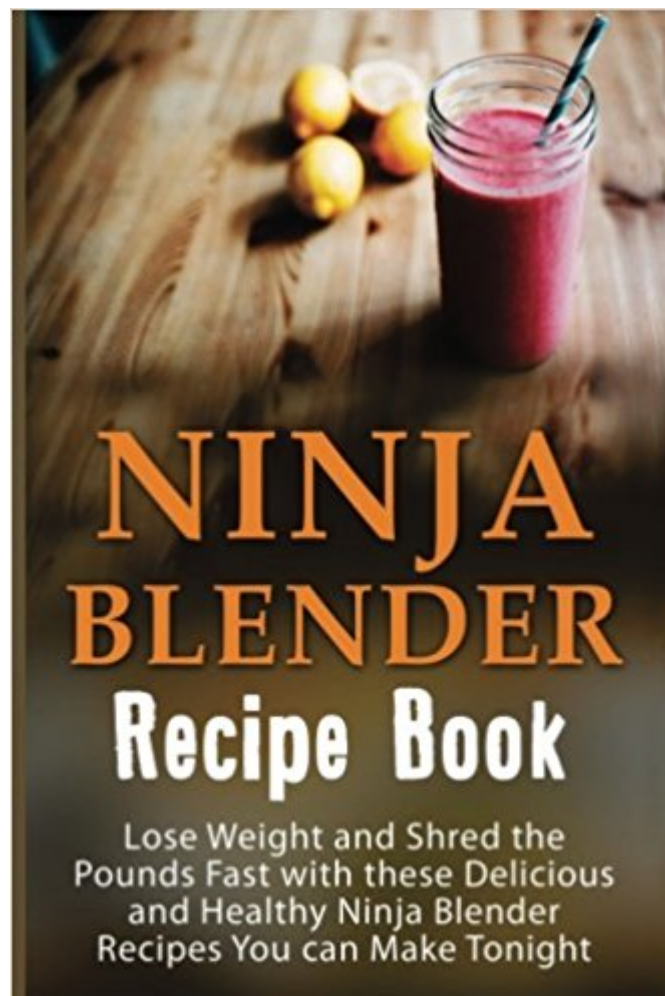


The book was found

# **Ninja Blender Recipe Book: Lose Weight And Shred The Pounds Fast With These Delicious And Healthy Ninja Blender Recipe Book Recipes You Can Make ... Recipes, Ninja Blender Cookbook) (Volume 1)**





## Synopsis

Lose Weight Quick And Burn Fat With These Delicious And Healthy Ninja Blender Recipes You Can Make Tonight Youâ™re about to discover some of the most delicious and tasty ninja blender recipes known to man! Just reading these mouth watering recipes will make you want to whip out your blender and start preparing. Ninja Blenders are a lifesaver! Not only can you muddle up ingredients as required, you now have the luxury to let your Ninja blender separate pits from the fruits for you. Ninja Blenders are very easy to use, all it takes is a press of a button, and thatâ™s it. The recipes in this 'Ninja Blender Recipe Book' are ideal if youâ™re considering trying to lose weight. The ingredients used in the book are low fat, high on protein and fibre content and loaded with antioxidant properties for you to feel healthy and detox.

## Book Information

Series: Ninja Blender Recipe Book, Ninja Blender Recipes, Ninja Blender Cookbook

Paperback: 74 pages

Publisher: CreateSpace Independent Publishing Platform; 1 edition (April 29, 2016)

Language: English

ISBN-10: 1533005575

ISBN-13: 978-1533005571

Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 5.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 20 customer reviews

Best Sellers Rank: #376,243 in Books (See Top 100 in Books) #67 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #278 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #1332 in Electronics > Accessories & Supplies > Cell Phone Accessories > Accessory Kits

## Customer Reviews

This book provides some great ideas for beginners and the experienced as well. I feel it gives a great idea on what combinations to use, as well as the opportunity to try pairings for your smoothie you didn't consider prior. I also like the fact that these recipes are healthy and all natural and that you can also doctor them and make them your own, adding your special touch to them and adding other healthy ingredients. This is a good book that I'd love to memorize eventually and even create new recipes of my own from. I received this item for free in exchange for my honest and unbiased review. My opinions and views are 100% my own, and are no way sponsored, or

compensated for.

I love this book. Super recipes

I love smoothies, and this book help me a lot in making my own smoothies. Another recipes to lose weight. If your blender makes great smoothies, you can also use these recipes. This book has a good recipes. It helps me get through the day and i really love smoothies - mostly the lose weight recipes. Two thumbs up!!!

Wanted to try different nutritious and delicious weight loss drinks? Try this Ninja Blender Recipe Book, it has a lot of simple recipes that will guide your way to your dream, lose weight and stay healthy.

I use to own a juicer that was hard to clean and it seem to take out the part that was healthy for you. So a year ago or so my son talked me into this Ninja and I did my homework liking all the features we purchased a Ninja blender. My son used almost daily and he did really good with losing weight. Now that I am able to make smoothies again I was to use good nutritious dense food to help with weight loss. The Book "A NINJA Blender Recipe: Lose weight and shred the pounds fast."I like the recipes for making smoothies with the correct proportions. Has 83 pages and 31 recipes This book helps me find a variety of recipes so I do not get bored and give up on what My goal is to lose weight.I received this item for free in exchange for my honest and unbiased review. My opinions and views or 100% my own, and are no way sponsor, or compensated for.

Great book with a plethora of great recipes. I think if anyone uses these recipes they would loose weight and become healthier. This should be in everyone's collection. Easy to use Ninja makes life easier in so many ways!! Check it out. I received this free for my honest review and I highly recommend it!!!

Has some good recipes

It is a great book everyone would enjoy it

[Download to continue reading...](#)

Ninja Blender Recipe Book: Lose Weight And Shred The Pounds Fast With These Delicious And

Healthy Ninja Blender Recipe Book Recipes You Can Make ... Recipes, Ninja Blender Cookbook)  
(Volume 1) Ninja Recipe Book: Quick, Easy And Delicious Ninja Smoothies For Your Ninja  
Professional Blender (Ninja Bullet Recipe Book, Ninja Blender Recipe Book, ... and Smoothies for  
Weight Loss Book 1) 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) 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) Nutri Ninja Master Prep Blender Smoothie  
Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss! (Ninja Master  
Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks) The Nutri Ninja Master Prep Blender  
Whole Food Cookbook: 101 Delicious Soups, Spreads, Entrees, Desserts & Cocktails For Your  
Ninja Pro, Kitchen ... Ninja Kitchen System Cookbooks) (Volume 2) Nutri Ninja Master Prep Blender  
Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy and Weight Loss!  
(Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1) CAKE COOKBOOK: The  
Top 100 Cake Recipes: cake recipes, cake cookbook, cake, cake recipe, cake recipe book,  
delicious cake recipes (cake recipes, cake ... cake recipe book, delicious cake recipes) Walking:  
Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose  
Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Clean Eating: Clean  
Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean  
Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) CLEAN  
EATING: The Detox Process And Clean Eating Recipes That Help you lose weight naturally (Clean  
eating cookbook, Weight Watchers, Sugar free detox, Healthy ... Eating Cookbook, Loss weight  
Fast, Eat thin) The Fast Metabolism Diet: Lose Up to 20 Pounds in 28 Days: Eat More Food & Lose  
More Weight: Unleash Your Body's Natural Fat-Burning Power and Lose 20lbs in 4 Weeks by  
Pomroy. Haylie ( 2013 ) Paperback Weight Watchers Cookbook: 14 Days Diet for Weight Loss and  
Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight  
Watchers 2015, Weight Watchers Diet) Weight Watchers: Weight Watchers Cookbook-> Watchers  
Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ...  
Points Plus, Weight Watchers 2016) (Volume 1) Vegan Ketogenic: The Complete Low-Carb Vegan  
Ketogenic Diet and Recipe Guide (Recipe plans, protien, carb, keto, keto living, healthy living, fast  
weight loss, weight loss, burn and lose belly fat) Gourmet Vitamix Blender Soup Recipes: Get The  
Most Out Of Your Vitamix Blender With These Amazing, Delicious, Quick and Easy Recipes Daniel  
Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough

Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook)  
DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet,  
Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) My Oster Pro  
Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or  
Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Slow Carb Recipes: Simple Weight Loss  
Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss  
Recipes (Slow Carb Weight Loss Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)