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## The I Love My Nutribullet Recipe Book: 200 Healthy Smoothies for Weight Loss, Detox, Energy Boosts, and More

By Britt Brandon

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, The I Love My Nutribullet Recipe Book: 200 Healthy Smoothies for Weight Loss, Detox, Energy Boosts, and More, Britt Brandon, Delicious smoothie recipes for ultimate health! Get ready to find even more reasons to love your NutriBullet! This recipe book offers 200 delicious smoothies created specifically for your favorite kitchen appliance. You'll learn how to use your NutriBullet to create nutrient-rich smoothies that help you meet all of your wellness goals, including: \* Cleansing and detoxing your body\* Promoting heart health\* Boosting your brain function\* Shedding excess pounds Organized by health benefit, each chapter gives you a tasty and nutritious blend of fruits and vegetables that will keep you feeling full throughout the day. Whether you're looking to increase your energy, stimulate weight loss, or improve your skin, you'll transform your body from the inside out with these nourishing NutriBullet recipes!.



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