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Cookbooks) (Volume 1)**

*Laura Brisset*

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This *Ninja Blender Recipe Book* will help you to jump-start your weight loss, increase your energy level and improve your overall health.

Each smoothie is made up of super-nutrients from organic wholefoods and will deliver a fulfilling, healthy and tasty drink. You will begin to see and feel the difference when you drink them and your health and energy improve to levels that you never thought possible. By including these smoothies in your regular diet, it is an experience that could change your life for good!

This book provides helpful suggestions for the best results, calorie counted recipes, and UK and US friendly recipe measurements. It also offers smoothies to suit different lifestyles or health goals such as weight loss, detox, low sugar, dairy-free and so on. Even your kids will be able to enjoy some of these smoothies.

Start enjoying the power of locked-in nutrients in every glass!

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