

The Right Blend: Blender-only Raw Food Recipes

Ms. Jennifer McClelland



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Jennifer "Mac" McClelland's FULL COLOR VERION recipe book is one of the easiest ways to get more power-packed raw nutrition into your day! You'll need no more than a blender and a few kitchen tools to turn your fresh fruits and veggies into delicious drinks, smoothies, soups, salads, main dishes, and desserts. Jennifer's no-cook recipes keep your inside clean and your outside looking fabulous. The Right Blend teaches you how to: • Use only a blender and a few kitchen appliances! • Naturally eliminate all those refined and processed flours and sugars. • Create green smoothies and nut milks without relying on recipes alone. • Satisfy your palate while getting your daily dose of fresh fruits and veggies. • Learn which foods keep aging at bay and skin luminous and young. • Learn Jennifer's lifestyle secrets of a detoxification for balance and beauty.



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