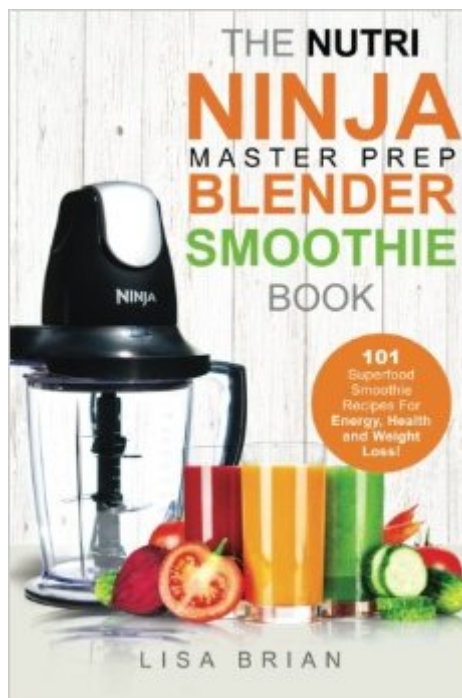


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# Nutri Ninja Master Prep Blender Smoothie Book: 101 Superfood Smoothie Recipes For Better Health, Energy And Weight Loss! (Ninja Master Prep, Nutri ... Ninja Kitchen System Cookbooks) (Volume 1)



## Synopsis

Get a quick start with your Ninja blender and meet your goals for better health! This book is the first in a series for the Nutri Ninja Pro, Ninja Master Prep, and Ninja Kitchen System Blenders. The book features 101 Superfood Smoothies designed for various health conditions and lifestyles. The Nutri Ninja Blender Smoothie Book contains:

- 101 Superfood Smoothies for a variety of health conditions and lifestyles
- Sweet smoothies
- Green smoothies
- Weight Loss smoothies
- Detox smoothies
- Anti-Aging smoothies
- Kids smoothies
- Instructions for making the best smoothies you've ever tasted
- Pro tips for using the Ninja series of blenders

Are you interested in attaining better health by drinking delicious smoothies? Then this book is for you. All of our smoothie recipes are designed for specific health and lifestyle benefits.

## Book Information

Series: Ninja Master Prep, Nutri Ninja Pro, and Ninja Kitchen System Cookbooks

Paperback: 174 pages

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Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (108 customer reviews)

Best Sellers Rank: #15,821 in Books (See Top 100 in Books) [#1 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Food Processors](#) [#6 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders](#) [#19 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies](#)

## Customer Reviews

This is the first smoothie book I have seen that includes serving and nutrition info for EVERY recipe! I've bought a lot of generic smoothie recipe books in the past, but this one has definitely been more useful to me because I can monitor how much protein and fat I'm consuming with each glass. I'm also really happy with the recipe list -- I typically hate green smoothies, but the ones in this book made me rethink that. Definitely happy with this one!

I was surprised by this book! It contains a surprising number of smoothies, all of which seem

absolutely delicious as well as healthy. I have a Ninja Master Prep Blender and this book came in handy for giving me new ideas. The book also provides pro tips such as when to put ice in a smoothie (it should be last so that it blends well), and how to store smoothies, etc. The recipes seem to address just about any health condition I could think of and they all look healthy. Good book! A must-have for Ninja Master Prep, and Nutri Ninja blenders!

I've had my Ninja about a year and haven't used it much since I pet sit in homes and didn't want to cart it around. All that changed this week when I decided I wanted to lose weight and get healthy. I bought kale, nuts, oatmeal, almond-coconut milk, yogurt, and a variety of fresh fruits. I got serious finally so I downloaded Lisa's book. I was hooked as I skimmed through the recipes, bookmarking the ones I want to try. What impressed me is the book covers everything you need to encourage you and keep you motivated. The ingredients, calories, the nutrients in each item, and the physical and emotional value of each recipe. The book is well worth the price.....especially for a prime member!! Try it. You won't be disappointed.

This guidebook is the total package. Having found this resource, it's as if my Nutri Ninja and I are now supercharged. If you want to power up your game and what you can create, you should definitely go in on this book. Green Smoothies, Weight Loss Smoothies, it's all in here and it's all next level stuff.

I enjoyed several of the recipes in this Ninja-centric cookbook, but I was disappointed by the poor editing: one of the weight loss recipes, touted as "low calorie," reportedly has over 2900 calories. Hoping that's a typo! The recipes also do not specify what size container to use, nor do they list ingredients in the order they should be added. This is really confusing for the novice and an annoyance if you've never used a particular ingredient. I had to look for a reference to nut butters, buried in the introduction, to determine when to add it. I will be checking out other cookbooks for a better quality presentation.

My husband was diagnosed with cancer and started radiation on his throat. I ordered this to be able to make him smoothies while he is going through treatment. I had him highlight the ones that he thought looked good and he highlighted almost the entire book. There are a LOT of good recipes in here.

I bought this book to go along with the Ninja machine I also bought. It was helpful and has lots of recipes to try. I think if you're a new user to the Ninja or the smoothie world, this is a great book to have on hand.

The book is published on what seems like recycled newspaper. Not impressed right away. There are a lot of disclaimers about this only being the authors opinion and not necessarily factual when it comes to the benefits noted in the specific smoothies. Which, is why I bought the book to become more aware of the benefits of each ingredient. Found the recipes marginal - I suppose better than nothing if you are new to making smoothies. I will keep looking for a better book.

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