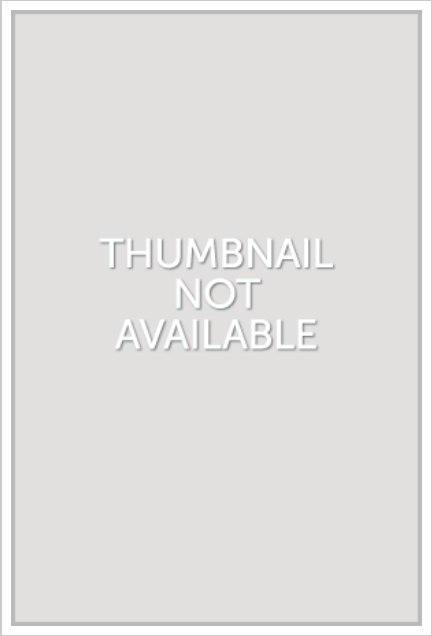


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Clean Eating: 17 Eating Clean Drinking Clean Recipes with High Speed Blenders: Clean Eating Clean Drinking Recipes That Are Delicious, Healthy, Simple Satisfying 5 Minute Quick (Paperback)

By Juliana Baldec

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this Clean Eating recipe book you will not only learn about eating clean, but you will also discover some amazing clean drinking with high speed blenders recipes. These high power blender recipes for busy families are delicious, healthy, simple and satisfying juice smoothies with pulp toxin cleanse clean eating recipes that you can make in most of the times make in 5 minutes or less. Juliana will show you how she uses powerful and hi-speed smoothie makers like the Nutribullet (or you can use any other high speed blender like the Vitamix or a regular mixer that you like) to tear through chard, kale, frozen berries, coconut, walnuts, almonds, chia seeds and other clean food ingredients and transforms them into these heavenly tasty smoothies when she is done. With these amazing clean eating drinking recipes, Juliana shows you how to keep the nutrition inside the dish and the healthy pulp inside the drink. She has the lifestyle of clean eating down to a science and shows you how you can go into your kitchen, make a high...

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