



**Nutribullet -A Healthy Lifestyle: Delicious Recipes  
Detox - Weight Loss - Anti-aging - Energy bombs -  
Burn Fat - Live Healthy. QUICK AND EASY!**

*Jake Olson*

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## **Nutribullet -A Healthy Lifestyle: Delicious Recipes Detox – Weight Loss – Anti-aging – Energy bombs – Burn Fat – Live Healthy**

**Read on your PC, Mac, smart phone, tablet or Kindle device.**

### **CHANGE YOUR LIFESTYLE TODAY!!**

Got a NutriBullet but do not know how to get maximum use out of it?  
Want to improve your health, but you have no idea how?

We offer a solution by bringing the best recipes for your NutriBullet – in service of good health.

The NutriBullet is a versatile appliance and can be used in many ways, but our favorite is smoothies and juice. Fresh fruit and vegetables with hints of spices or some other ingredients combined in your NutriBullet can provide you with essential nutrients and vitamins, plus with clever ingredient combinations you will be able to produce smoothies targeted at the immune system, or restful sleep as well as smoothies suitable for diabetics.

In this book you will find over 40 recipes for different types of smoothies and by downloading this eBook you will discover the world of:

- Immune booster smoothies
- Smoothies suitable for diabetics
- Low-calorie smoothies
- Smoothies for restful sleep
- High-fiber smoothies and many others

### **SAMPLE RECIPE**

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#### **Apple-lime detox blast**

Preparation time: 5 min

Serves: 1

Ingredients:

- 1 apple, peeled, cored, quartered
- 1 handful spinach
- Juice from ½ lime
- 1 dash cinnamon
- Coconut water to max line

Directions:

1. Combine spinach, apples and lime juice in the NutriBullet.
2. Add cinnamon and then add coconut water to max line.
3. Process for 20 seconds or until smooth.
4. Serve immediately in a tall glass.

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### **Green energy blast**

Preparation time: 5 min

Serves: 1

Ingredients:

- 1 handful kale
- ½ apple, peeled and cored
- 3 2-inch honeydew chunks
- 1 kiwi, peeled
- ¼ cucumber, washed
- 1 tablespoon superfood energy boost
- Coconut water to max line

Directions:

1. Place kale, apple, cucumber, honeydew, kiwi and energy boost in the NutriBullet.
2. Add coconut water to max line and process until smooth, for 20 seconds.
3. Serve immediately in a tall glass.

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### **Mango immune system booster**

Preparation time: 5 min

Serves: 1

Ingredients:

- 1 banana
- 1 cup fresh mango chunks
- 1 cup fresh or frozen blueberries
- ½ to 1 tablespoon baobab powder
- Pineapple juice or coconut water to max line

Directions:

1. Place all ingredients in the NutriBullet in order.
  2. Add liquid of your choice to reach the max line.
  3. Process until smooth.
  4. Serve immediately.
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