



Green Smoothie Joy for Nutribullet

By Cressida Elias



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Green Smoothie Joy for Nutribullet By Cressida Elias

Green Smoothie Joy for Nutribullet teaches you how to create an array of delicious and healthy green smoothies using your Nutribullet (the recipes will also work in other blenders). Additionally, this book gives you the tools to invent your own great-tasting green smoothies. The health benefits of these smoothies are tremendous—so start extracting now!

Recipes include:

- Green smoothies like pineapple detox
- Healthy smoothies like pom berry
- Lunchtime smoothies like dandelion and apple
- Energy-boosting smoothies like coffee and almond breakfast smoothie

Not only is there a fantastic smoothie recipe for everyone in *Green Smoothie Joy for Nutribullet*, but also smoothie guru Cressida shows you how to get the most out of your Nutribullet—for all of you who want to get healthy, increase your family's fruit and veggie intake, lose weight, or snack fast while on the go!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.



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Green Smoothie Joy for Nutribullet By Cressida Elias Bibliography

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Editorial Review

From the Author

Green Smoothie Recipes for all the family. Information on vitamins and minerals and different fruits and vegetables. Plus the benefits of cooked vegetables.

About the Author

Cressida Elias has written books and articles on healthy eating and health and fitness. She has worked in public relations for a UK health and wellness center and also works as a Paleo Diet Nutritionist.

Users Review

From reader reviews:

Steven Bemis:

Typically the book Green Smoothie Joy for Nutribullet has a lot associated with on it. So when you make sure to read this book you can get a lot of help. The book was written by the very famous author. The author makes some research prior to write this book. This specific book very easy to read you will get the point easily after looking over this book.

Pedro Murray:

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Pierre Winter:

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Anne Young:

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