



# **Vitamix Cookbook: 50 Easy, Healthy, and Delicious Recipes - Look Good - Feel Better - Live Strong**

*Brianna Faye*

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## Stay Healthy for Life with Your Vitamix Blender!

In *Vitamix Cookbook*, you'll learn how the Vitamix Blender works – and how it can transform your life. You'll discover plenty of simple, easy-to-follow Vitamix recipes in this fascinating and life-changing book. With a little creativity, will-power, and a trip through your local produce market, you can make a huge difference in your health!

*Vitamix Cookbook* explains how you can develop a healthy lifestyle by cutting out alcohol and tobacco, getting more physical activity, improving your posture – and getting the most out of your Vitamix Blender. With the right diet and lifestyle, you can avoid the Big Four: cardiovascular disease, cancer, respiratory disease, and diabetes.

You'll love to try new recipes—and create your own—with the

*Vitamix Cookbook*. From Lime Cilantro Banana Ginger Smoothies to Lemon Thyme Dipping Roasted Brussels Sprouts Soup, this book offers a huge variety of recipes for you and your family.

## Here's a preview of what you'll get from this engrossing book:

- Traditional and modern dessert variations like Pumpkin Pie, Pumpkin Brownies, and Chocolate Wheat Flour Pumpkin Muffins
- Succulent Smoothies of all kinds like Creamy Orange Cranberry Banana, Coconut Beet Lemon Carrot, and Tofu Banana Pineapple Orange.
- Delicious and Decadent Desserts such as Cinnamon Vanilla Banana Apple Ice Cream
- Steaming and Savory Soups like Mozzarella Ciabatta White Bean Tuscan Tomato and Chicken Cabbage
- Popular and Energizing Drinks like Orange Tequila Grand Marnier Lemon Cocktail and Lime Orange Banana Pineapple Coconut
- Hearty Dinners such as Polenta Mushrooms Kale, Honey Pecan Butter Bacon Parsley Butternut Squash Puree, And Carrot Garam Masala Ginger Strain

**Don't wait another minute to get the nutrition your body needs – Read *Vitamix Cookbook* today!**

*You'll be so happy you did!*

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