



# **The Personal Blender Recipe Book: 100+ Personal Blender Smoothies That You Can Use for Good Health & Weight Loss - For Breville Blend Active, Oster, Hamilton, Nutribullet & Other Single Serve Blenders**

*Ana Smuthers*

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*Ana Smuthers*

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**The Personal Blender Smoothie Recipes—for Delicious, Nutritious & Easy Smoothies!**

*This personal blender recipe book works perfectly with: Breville Blend Active, Nutribullet, Philips, Duroc, Morphy Richards, Russell Hobbs, Vitamix, Nutri Ninja, Hamilton Beach, Oster, Ninja Master Prep, BELLA and others*

**Over 100 Blend & Go Recipes to help you lose weight, increase energy and enjoy good health..**

Pop these smoothie ingredients into your *Blend-Active or other Personal Blender*, then process and enjoy mouthwatering goodness. *The Personal Blender Recipe Book* serves up over 100 delicious and nutrient-dense one-person-portion smoothies using the most natural ingredients. Whether you're going to work, gym, to the car or simply at home, in seconds you will be blending and enjoying a smoothie to your liking!

Smoothie expert author, *Ana Smuthers* loves these smoothies—and I'm sure you'll love them too. As a smoothie nut, she shares her life-changing *Personal Blender Recipe Book* with over 100 tasty smoothies. Additionally, Ana shares her personal guidelines for making the best personal smoothies that you could ever make. Every smoothie recipe is created to enrich your body with essential vitamins, minerals, live enzymes, phytochemicals and antioxidants.

Be motivated to power up your Blend-Active or Personal Blender with smoothies for you to lose weight, revitalize or just simply enjoy. Drink smoothies with a purpose—every sip counts!

Get your copy today!

**Each recipe has been calorie counted for your convenience**

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