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Nutri Ninja Recipe Book3 recipe books in 1 for your Nutri Ninja (with over 140 recipes!)Just one of many five star reviews; - Michelle Schofield "On purchasing my Ninja I was a little disappointed in the recipes so I went to Amazon to see what I could find and found this brilliant book by Liana Green its informative uses everyday ingredients and explains the benefits. It also gives you alternatives that can be used I love it "Includes the best selling;Nutri Ninja Recipe Book - 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved HealthNutri Ninja Recipe Book - 30 Delicious Soup RecipesNutri Ninja Recipe Book - Sauces, Dips and Spreads for your High Speed BlenderSmoothie Recipes Include;Berry PeachyChocolate VelvetVitamin VrrrooomPurple PunchMango TangoThe Beetroot BoltBrazilian BeautyPeachy LemonadeThe Anti-SneezeThe Pick Me UpSoup Recipes Include;Carrot and GingerThai Green Curry CoolAvocado Pea and MintClassic ChickenGarlic Lentil TomatoSauces and Dips Recipes Include;Roasted Red Pepper DipBarbecue SauceGreen PestoHummusTahini PastePeanut ButterChocolate SpreadThai Red Curry PasteJamaican Hot Pepper SauceSweet Chilli Dip

Books in Print Nutri Ninja Recipe Book70 Smoothie Recipes for Weight Loss, Increased Energy ANutri Ninja Recipe Book - 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved HealthThe Nutri Ninja Pro Blender is a powerful 900 watt blender capable of extracting nutrients and vitamins. Capable of blending all fruits and vegetables whilst crushing ice, seeds and skins to create delicious smoothies for you to enjoy. Why Read The Nutri Ninja Recipe Book?* Increase your energy levels and feel great about yourself * Improve your health * Perform better in workouts and sporting events - reach peak fitness * Look amazing with clear skin, vibrant eyes and be your perfect weight * Live the life you deserve - wake up in the morning with endless energy! Make the very same recipes I have researched and tested out to; * Lose weight and look great * Train for a marathon * Improve my children's health by getting them to drink nutrient rich smoothies. I never dreamt they would be consuming spinach, kale and avocados on a daily basis, and enjoying it! What Recipes Are Included?With chapters dedicated to weight loss, increased energy, sports drinks, clearer skin, a healthier heart, superfood smoothies, natural remedies, breakfast smoothies, smoothies for kids, there is something for everyone. The following are a small taster of the 70 smoothie recipes included in the Nutri Ninja Recipe Book; Berry Peachy Chocolate Velvet Vitamin Vrrrooom Purple Punch Mango Tango The Beetroot Bolt Brazilian Beauty Peachy Lemonade The Anti-Sneeze The Pick Me UpNutri Ninja Recipe Book140 Recipes for Smoothies, Soups, Sauces, Dips, Dressings and ButtersNutri Ninja Recipe Book3 recipe books in 1 for your Nutri Ninja (with over 140 recipes!)Just one of many five star reviews; - Michelle Schofield "On purchasing my Ninja I was a little disappointed in the recipes so I went to Amazon to see what I could find and found this brilliant book by Liana Green its informative uses everyday ingredients and explains the benefits. It also gives you alternatives that can be used I love it "Includes the best selling;Nutri Ninja Recipe Book - 70 Smoothie Recipes for Weight Loss, Increased Energy and Improved HealthNutri Ninja Recipe Book - 30 Delicious Soup RecipesNutri Ninja Recipe Book - Sauces, Dips and Spreads for your High Speed BlenderSmoothie Recipes Include;Berry PeachyChocolate VelvetVitamin VrrrooomPurple PunchMango TangoThe Beetroot BoltBrazilian BeautyPeachy LemonadeThe Anti-SneezeThe Pick Me UpSoup Recipes Include;Carrot and GingerThai Green Curry CoolAvocado Pea and MintClassic ChickenGarlic

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BPR cumulative R. R. Bowker

Food is an excellent medium to study the diversities in the human race. Eating habits, ingredients, cooking process, and dishes vary from region to region based on the economic, cultural, and geographic environment. Due to globalization and the buzz in the field of technology and media, the food and beverage industry across the world has taken a spin. You would not be surprised to find a pizzeria on the beaches of Thailand or eating a hamburger overlooking the pyramids in Egypt. We as humans constantly feel the need to have a variety in life, especially in fields of food. With the change in the taste, preference, and needs, it is a must that kitchen appliances too undergo the evolution and produce something new at all time. Ninja Foodi is a reinvention of a cooking pot. With its cutting-edge technology and smart design, this multitasking kitchen appliance is just what the new age needs. It is a high-tech pressure cooker that has the function to crisp your food and airfry them. It is 70% faster than any other traditional form of cooking. The food items cooked using air-frying technology have 75% less fat than other forms of fried food. This kitchen beast can in less than 20 minutes defrost your ingredients, both meat and vegetables, and cook them simultaneously. It is a one-pot solution for cooking up anything you want starting from soups, stews, wings, and desserts. With 14 levels of safety measures and a nonstick ceramic coated body, this is a kitchen must have. Just like a Ninja, Ninja Foodie is fast, smooth, and amazing. The NinjaFoodi cookbook has a variety of recipes that can be very easily prepared using the NinjaFoodi. Starting from breakfast, seafood, poultry, meat,and vegetarian dishes, the NinjaFoodi cookbook has everything under one cover. The recipes are easy to make and are a treat to the tummy. The recipes are detailed and very methodically explained. Every recipe has a list of ingredients along with the quantities, serving size, nutrition values, calories intake, and cooking time. This book comes in very handy when you bring the all-new Ninja Foodi.

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Move over, french fries! There are now more possibilities than ever to cook everything you love with all the health benefits and convenience of your home air fryer with The Complete Air Fryer Cookbook. When you think "air fryer" you probably don't think Mixed Berry Muffins for breakfast, Tuna Zucchini Melts for lunch, or Spicy Thai Beef Stir-Fry for dinner. You might even think, "That's crazy...those dishes aren't fried!" Well, you're right, they aren't--but it's not as crazy as it sounds. The Complete Air Fryer Cookbook goes beyond fried foods to give you creatively inspired meals that are baked, grilled, roasted and steamed. Air frying connoisseur and cookbook author Linda Larsen has collected her favorite recipes in The Complete Air Fryer Cookbook to turn your air fryer into an all-purpose cooking machine! Not just any air fryer cookbook: With more than 100 recipes you'll cook your favorites, indulge in guilty pleasures, and discover new ingredients you never thought to air fry Two is better than one: Mix and match flavors by

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