



The Right Blend: Blender-Only Raw Food Recipes (Black White Version) (Paperback)

By Jennifer Mac

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Black White Version with Photos: Jennifer Mac s recipe book is one of the easiest ways to get more power-packed raw nutrition into your day! You ll need no more than a blender and a few kitchen tools to turn your fresh fruits and veggies into delicious drinks, smoothies, soups, salads, main dishes, and desserts. Jennifer s no-cook recipes keep your inside clean and your outside looking fabulous. The Right Blend teaches you how to: - Use only a blender and a few kitchen appliances! - Naturally eliminate all those refined and processed flours and sugars. - Create green smoothies and nut milks without relying on recipes alone. - Satisfy your palate while getting your daily dose of fresh fruits and veggies. - Learn which foods keep aging at bay and skin luminous and young. - Learn Jennifer s lifestyle secrets of a detoxification for balance and beauty.



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