

## **Complete Vitamix Blender Cookbook:Over 350 All Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Soups, Homemade Much More (Vitamix Recipes Series Book 1)**

**Jen Hansard and Jadah Sellner are on a fresh path to health and happiness--deprivation not included. In their book, Simple Green Smoothies, these two friends invite you into a sane and tasty approach to health that will inspire and energize you on your own journey toward a happier life. The Simple Green Smoothies' lifestyle doesn't involve counting calories or eliminating an entire food group. Instead, it encourages you to make one simple change: drink one green smoothie a day. Simple Green Smoothies includes a 10-day green smoothie kick-start to welcome you into the plant-powered lifestyle, with shopping lists included. Follow it up with 100+ delicious recipes that address everything from weight loss to glowing skin to kid-friendly options. Hansard and Sellner are two moms raising their own families on healthy, whole-food recipes. They've seen the amazing health benefits of green smoothies firsthand--from losing 27 pounds to getting more energy. Their wildly popular website has changed the lives of over 1 million people and made them the #1 green smoothie online resource. Simple Green Smoothies will empower you to take control of your health in a fun, sustainable way that can transform you from the inside out. Ready to join the plant-powered party?**

**From the author of One-Hour Cheese, more than 30 dairy-free cheese recipes made from easy-to-find ingredients that deliver maximum flavor and rich, creamy textures.**

**High-horsepower power blenders are revolutionizing the kitchen habits of millions of people. These fast and convenient devices have many of the functions of the food processor, the juicer, and, of course, the old-fashioned, low-horsepower blender. Vanessa Simkins' Power Blender Revolution is the first general cookbook for power-blender owners who want to get the most use and pleasure from their purchase. Power blenders make juices without sacrificing the nutritious fiber that juicing machines can't handle; they make purees (including baby foods), soups that are silky smooth and light; and they excel with hummus, guacamole, and other dips and spreads. With a little instruction, you'll be making healthy smoothies for breakfast. When dinner comes rolling around, you'll know how to make every kind of sauce imaginable, for topping pastas, meats, potatoes, vegetables, and more. Time for dessert? You can't mix up a faster mousse, or a faster blend of ice-cream ingredients, in any other kind of machine. With expert tips and tricks that help you choose, use, clean, and maintain your machine, and a bounty of more than 300 creative and tasty recipes, this book is an essential companion for anyone who has invested in a power blender. "Power Blender Revolution is packed full of healthy, vibrant recipes and creative ways to use your blender. Vanessa Simkins proves that your blender isn't just for smoothies. These are recipes you will come back to time and time again." --Tieghan Gerard, author of Half Baked Harvest**

**' I love this healthy eating book!!' Victoria Beckham Honestly Healthy is the original alkaline diet cookbook, packed with recipes, tips and tricks to help you look and feel great. Whatever your needs – be it a short cleanse or total eating habit overhaul – Honestly Healthy has the right plan for you. With over 100 mouthwatering recipes from gourmet vegetarian chef Natasha Corrett, all designed with nutritionist Vicki Edgson to help your energy levels soar, split into breakfasts and smoothies, starters and soups, mains, snacks and treats, and desserts, you will find everything you need. Follow a 5-Day Cleanse with full meal plans to help your body eliminate toxins and leave you feeling great. The Cleanse Section will show you the foods to avoid and why, and the foods to enjoy and how they help, leaving you with the knowledge and inspiration to try your own ideas. The Honestly Healthy Lifestyle Section goes a step further and shows you how to make simple long-term changes to your eating habits in order to maintain a delicious, nutritious and alkaline lifestyle. More recipes and meal plans will help you on your way to looking and feeling great. Cooking delicious, healthy food has never been so simple. ' Forget Dukan and Atkins – these days, the A-list way to a flat tummy is eating alkaline.' Daily Mail**

**Presents recipes that feature cannabis as an ingredient, along with an introduction that covers topics such as the difference between hemp and cannabis, the plant's potency when eaten, different strains, and its fat content. Vitamix Recipes for Weight Loss**

**Even More Top Secret Recipes**

**Gourmet Vitamix Blender Soup Recipes**

**The Perfect Blending Cookbook**

**100 Gluten-Free, Vegan, and Paleo-Friendly Recipes**

**Fat Chance**

**Sous Vide at Home**

**THE INSTANT NATIONAL BESTSELLER • Brittany Williams lost more than 125 pounds using her Instant Pot® and making all her meals from scratch. Now she shares 125 quick, easy, and tasty whole food recipes that can help you reach your weight loss goals, too! Brittany Williams had struggled with her weight all her life. She grew up eating the standard American staples—fast, frozen, fried, and processed—and hit a peak weight of 260 pounds. When her 4-year-old daughter's autoimmune disease was alleviated by a low-sugar, dairy-free, grain-free, whole-food-based diet, Brittany realized she owed her own body the same kind of healing. So on January 1, 2017, she vowed to make every meal for a year from scratch, aided by her Instant Pot®. She discovered that the**

*versatility, speed, and ease of the electric pressure cooker made creating wholesome, tasty, family-satisfying meals a breeze, usually taking under thirty minutes. Not only did the family thrive over the course of the year, Brittany lost an astonishing 125 pounds, all documented on her Instant Loss blog. Illustrated with gorgeous photography, Instant Loss Cookbook shares 125 recipes and the meal plan that Brittany used for her own weight loss, 75% of which are recipes for the Instant Pot® or other multicooker. These recipes are whole food-based with a spotlight on veggies, mostly dairy and grain-free, and use ingredients that you can find at any grocery store. The clearest guide to navigating your Instant Pot® or other multicooker that you'll find, Instant Loss Cookbook makes healthy eating convenient—and that's the key to sustainable weight loss.*

*The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!*

*Vitamix is one of the most leading brands in blending technology. Because of its versatility and reliability, many people are using this machine in preparing their favorite dishes and beverages at home. This book is a part of a series of Vitamix recipes that I am writing, it is focused mainly on smoothie recipes that can help you meet your desired weight or keep a healthy body weight. They are rich in fiber and other essential nutrients that can aid in eliminating excess body fat and also let you burn more calories. Here are some of the featured recipes in this book: Soursop Strawberry and Coconut Smoothie Pineapple Lychee and Coconut Cooler Grape Pear Cucumber and Green Tea Smoothie Kiwi Apple Banana and Cucumber Smoothie Blueberry Pear and Almond Smoothie with Flax Spiced Soy Berry Mango Smoothie Acai Berry Banana and Oat Smoothie Orange Tomato Carrot and Celery Cooler Watermelon Raspberry and Parsnip Smoothie Beet Cucumber and Strawberry Smoothie and MANY MORE! Go ahead and grab a copy NOW!*

*Provides guidance for making one's own whole grain bread, covering topics such as the wheat kernel, enzymes, and the process of delayed fermentation, and presents fifty-five recipes for whole grain sandwich, hearth, and specialty breads as well as bagels, crackers, and other items.*

*A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award "The one book you must have, no matter what you're planning to cook or where your skill level falls."—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that's perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac 'n' cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As Serious Eats's culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In The Food Lab, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that create great food. Kenji shows that often, conventional methods don't work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.*

*Complete Vitamix Blender Cookbook*

*Minimalist Baker's Everyday Cooking*

*Vitamix Recipes for Diabetics*

*Chocolate-Covered Katie*

*The Blender Girl Smoothies*

*Simple Recipes for Heritage Cooking in Any Kitchen*

*250 Delicious Whole Food Recipes to Make in Your Blender*

*The Vitamix Cookbook*

NATIONAL BESTSELLER TV star Misha Collins and his wife, journalist and historian Vicki Collins, show families how to be mealtime adventurers so that kids might have a lifelong relationship with real food Chicken nuggets. Hot dogs. Macaroni and cheese. These are just some of the greatest hits we offer kids at mealtime. Misha and Vicki Collins totally get it. When their son West was a toddler, he began refusing anything that wasn't bland and beige. At first, they succumbed, anything to end the mealtime battles. But with sinking hearts they realized fruit snacks and buttered noodles weren't just void of nutrition, they were setting him up for a lifetime with a limited palate and a reliance on convenience foods. So, as a family, they decided to lean into what they love best—adventure—and invited their kids to be playful and exploratory in the kitchen. Now, in The Adventurous Eaters Club, Misha and Vicki share how they created a home where mealtime doesn't involve coercion or trickery, and where salad, veggies, fresh soups, and fruit are the main course. Combining personal anecdotes and practical tips with over 100 creative, delicious, whimsical recipes little hands can help prepare The Adventurous Eaters Club offers readers all the support, encouragement, and practical advice they need to make lifelong adventurous eaters out of their kids.

Documenting the science and the politics that has led to the pandemic of metabolic syndrome - whose symptoms include obesity, diabetes and heart disease - Robert Lustig exposes for the first time how changes in the food industry and in our wider environment have affected our collective metabolisms and waistlines.

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online.

Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand—you can have your dessert and eat it, too!

A collection of delicious and flavorful frozen treats made from simple, natural ingredients easily found in most pantries from Brooklyn's beloved and wildly popular ice cream emporium. The Van Leeuwen Artisan Ice Cream Book includes ice cream recipes for every palate and season, from beloved favorites like Vanilla to adventurous treats inspired by a host of international culinary influences, such as Masala Chai with Black Peppercorns and Apple Crumble with Calvados and Crème Fraîche. Each recipe—from the classic to the unexpected, from the simple to the advanced—features intense natural flavors, low sugar, and the best ingredients available. Determined to revive traditional ice cream making using only whole ingredients sourced from the finest small producers, Ben, Pete, and Laura opened their ice cream business in Greenpoint, Brooklyn, with little more than a pair of buttercup yellow trucks. In less than a decade, they've become a nationally recognized name while remaining steadfast to their commitment of bringing ice cream back to the basics: creating rich flavors using real ingredients. Richly illustrated, told in a whimsical style, and filled with invaluable, easy-to-follow techniques and tips for making old-fashioned ice cream at home, The Van Leeuwen Artisan Ice Cream Book includes captivating stories—and an explanation of the basic science behind these delicious creations. Enjoy these irresistible artisanal delights anytime—The Van Leeuwen Ice Cream Book shows you how.

#1 bestselling Top Secret Recipes series! With more than 1.5 million Top Secret Recipes books sold, Todd Wilbur is the reigning master of professional-quality clones of America's best-loved, brand-name foods. In Even More Top Secret Recipes, Wilbur shares the secrets to making your own delicious versions of: • McDonald's® French Fries • KFC® Extra Crispy™ Chicken • Wendy's® Spicy Chicken Fillet Sandwich • Drake's® Devil Dogs® • Taco Bell® Burrito Supreme® • Boston Market® Meatloaf • And many more! With a dash of humor, a tantalizing spoonful of food facts and trivia, and a hearty sprinkling of culinary curiosity, Even More Top Secret Recipes gives you the blueprints for reproducing the brand-name foods you love.

The Adventurous Eaters Club

The Advanced Guide to Shattering Plateaus, Hitting PRs, and Getting Shredded

Instant Loss Cookbook

Using Your Vitamix

Delicious, Easy Recipes Celebrating Family & Togetherness

Simple Green Smoothies

Irresistible Cookies, Cupcakes, and Desserts for Your Sweet-Tooth Fix

100 Simple, Delicious Recipes Made with 8 Ingredients Or Less

This book offers many delightful Vitamix smoothie recipes that even people with diabetes can enjoy. We believe that proper diet is one of the key factors in managing Diabetes, and since most of us have schedules that are pretty hectic, smoothie recipes work well in keeping blood sugar at bay. They are quick, very easy to prepare, and you can bring them anywhere with you so you won't have to miss any important meal of the day. Of course, in order to create a perfect smoothie you need to use your Vitamix blender, as it will surely do the job for you. Simply combine the ingredients and process. Yes, it's that easy! So now, what are you waiting for? Go ahead, buy this book and have a taste of the awesome smoothie recipes here!

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare. Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Your all-inclusive, recipe-packed guide to mastering any high-power blender. Inside this book, you'll find more than thirty easy, innovative recipes for using a Vitamix® Professional Series™ blender for any meal of the day, from breakfast to dinner, and including snacks and desserts. Also included in this inspired cookbook is a primer on using your blender, with useful tips and tricks. Recipes include Pork Tenderloin with Plum Chutney; Carrot-Ginger Soup; Spinach and Tomato Frittata; Pico De Gallo; Frozen Margaritas; Pulled Pork Sliders with Coleslaw; Chicken and Cheese Enchiladas; Strawberry Sorbet, and many more. Whether you want to make a nutrition-packed smoothie, a hearty soup, or a delicious dip, The Perfect Blending Cookbook will enhance your meals and snacks with outstanding recipes everyone will love.

A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional add-ons for every recipe. The Blender Girl takes smoothies to the next level in this comprehensive guide, helping you blast your way to good health and blended bliss. These 100 creative and delicious recipes are designed to fit your every need, whether you want to detox, lose a few pounds, get energized, or guard against seasonal colds. Each smoothie has three optional boosters (like chia seeds, ginger, coconut oil, or wheat grass) that allow you to ramp up flavor, nutrient value, or both. Featuring gorgeous photography throughout, a smoothie pantry that demystifies unusual ingredients, icons to identify smoothies that fit your particular dietary needs, and strategies for achieving smoothie success, this accessible handbook makes it fun and easy to find your perfect blend.

NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of Once Upon a Chef. “Jennifer's recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of The Skinnytaste Cookbook Jennifer Segal, author of the blog and bestselling cookbook Once Upon a Chef, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn's recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

300 Best Blender Recipes

101 Superfood Smoothie Recipes for Your Vitamix 5200, 5300, 6300, 7500, 750 Or Pro Series Blender

My New Roots

The Oh She Glows Cookbook

More Than 100 Recipes Ready in Under 30 Minutes to Help You Lose the Sugar and the Weight

More Amazing Kitchen Clones of America's Favorite Brand-Name Foods

Everything You Need to Know to Make Your Favorite Layers, Bundts, Loaves, and More [A Baking Book]

Over 80 Delicious Recipes That Are Secretly Good for You

No matter how stuck you feel, no matter how bad you think your genetics are, and no matter how many “advanced” diets and workout programs you’ve tried and abandoned . . . . you absolutely, positively can shatter muscle and strength plateaus, set new personal records, and build your best body ever. And better yet, you can do it without following restrictive or exotic diets, putting in long hours at the gym, or doing crushing workouts that leave you aching from tip to tail. This book shows you how. Here are just a few of the things you'll discover in it: - How to almost instantly optimize your environment so you need less willpower to stay on track with your diet, training, supplementation, and wellness routines. - The nitty-gritty details about how to use advanced diet strategies like mini-cuts, intermittent fasting, and calorie cycling to immediately boost muscle growth and fat loss. - The little-known and unorthodox methods of determining how big and strong you can get with your genetics, according to the hard work of two highly respected fitness researchers. - A paint-by-numbers training system that’ll get you unstuck and steadily gaining muscle again in all the right places . . . spending only 4 to 6 hours in the gym every week doing challenging and fun workouts you actually enjoy. - The ancient secret of anatomy discovered by Leonardo da Vinci that gives you a simple blueprint for developing the exact proportions that literally make you look like a Greek god—a big, full chest; wide, tapered back; thick, powerful legs; and strong, bulging arms. - A no-BS guide to “sophisticated” supplements that’ll show you what works and what doesn’t, saving you hundreds if not thousands of dollars each year on exotic pills, powders, and potions. - And a whole lot more! The bottom line is you CAN gain real muscle and strength again, look forward to your workouts again, and feel like your fitness is finally under control again.

Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin The Pioneer Woman Cooks meets 100 Days of Real Food, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don’t have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don’t have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. "Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen." - Eve Kilcher These 109 recipes include her family’s favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, The Prairie Homestead Cookbook shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

This gorgeous cookbook from the Vitamix chefs shows you how to make the most of your blender, improve your health and enjoy delicious meals. Using nutritious whole foods, you'll find new ideas for mouthwatering healthy dishes, including: \* Smoothies, juices, nut milks and cocktails \* Soups and sides \* Filling meals for the whole family, most of which take under 30 minutes to make \* Sauces and dressings \* Desserts including ice cream, sorbets and even baking Combining flavour and nutrition, as well as tips and inspiring stories, The Vitamix Whole Foods Cookbook makes living healthily easy and enjoyable.

The Complete Vitamix Blender Cookbook will change your life. This quick & easy to use guide will show you how to make the most of all the nutrients that natural foods have to offer in delicious smoothies, juices, nut milks, spices, homemade creams and butters and much more. Start drinking wholesome all-natural smoothies 1-2 times a day and feel amazing & so full of energy. Your body will naturally start shedding extra weight on its own, while your skin glows and appears incredibly radiant. The Complete Vitamix Blender Cookbook focuses on how to: - turn an ordinary smoothie into a "superfood smoothie" - make fresh-squeezed juices that don't suck - achieve "push-button" weight loss - speed up your body and mind with a daily energy boost - slow down your body's natural aging process to look and feel younger than ever - make nutritious and filling meals with nothing but a few ingredients and your Vitamix We even included the most popular recipes people search for: - strawberry banana smoothie - kale smoothie - avocado smoothie - jamba juice - aloe vera juice - pomegranate juice - homemade ice cream recipes - homemade cosmetics (natural cosmetics) - homemade lotion for natural skin care (like shea butter) - homemade spices IN THIS VITAMIX RECIPE BOOK, YOU WILL FIND: 100 Smoothie recipes (including organic green smoothie recipes) - 20 superfood smoothies - 20 high-protein smoothies - 20 weight-loss smoothies - 10 anti aging smoothies - 10 detox smoothies - 10 energy smoothies - 10 high calorie smoothies 100 Juice recipes (juicing recipes that actually taste great) - vegetable juice recipes - green juice recipes - detox juice recipes - juicing recipes for weight loss - juicing for weight loss 25 Nut milk recipes - almond milk recipe - cashew milk recipe - pistachio milk - many more 10 Organic nut butter recipes - cashew butter - pistachio butter - almond butter - brazil nut butter - many more 25 Easy soup recipes - chicken soup recipes - potato soup recipes - lentil soup recipes - vegetarian soup recipes - miso soup recipes - many more 25 Fresh spices and herbs - indian spices - taco seasoning - homemade spices - lemon pepper rub - many more 25 Flavored coffee & tea blends - coffee recipes - tea recipes - french vanilla - lemon balm tea - cinnamon coffee - coconut water iced coffee - many more 20 Milkshake recipes - cake batter milkshake - frozen caramel hot chocolate - kit kat milkshake - mini s'more brownie - nutella milkshake - many more 25 Homemade skincare recipes - body butter recipes - lemon cream body butter - peppermint body butter - baby skin cream - many more But this book isn't just about vitamix recipes. You will also learn: 1. A comparison of the top blenders (blendtec vs vitamix, ninja vs vitamix, etc) 2. How to use different vitamix blender containers (like vitamix 64 oz container) 3. How to purchase a refurbished vitamix (aka reconditioned vitamix) 4. How to properly clean your machine A life with more energy, more time & a fit sexy body awaits you. You will ooze confidence out the wazoo. You won't regret buying the Complete Vitamix Blender Cookbook!

A Vitamix(R) can do much more than just make tasty smoothies. It's not surprising that almost 1.5 million Vitamix(R) blenders have been sold. A Vitamix(R) chops, grinds and minces, a convenient and nearly instant way to get those servings of fruits and vegetables that are so often skipped. The Vitamix(R) also grinds grain, making fresh flour at home easily within reach, a good alternative to buying stale flours from the store. Breads, pancakes, muffins and scones will have maximum flavor and nutrition when made from flour still at its peak. This book provides ways to eat real, whole foods when time is limited. Robin Asbell has created an extensive collection of tantalizing and innovative recipes that get the most out of this exceptional appliance. Delicious dishes range from nutritious breakfasts to fresh sauces, sumptuous soups, dips and spreads to desserts that invite requests for seconds. A chapter on baby foods and another on nut butters round out this terrific Vitamix(R) cookbook. There are 300 mouthwatering recipes on: Smoothies Smoothie Bowls and Parfaits Juices and Blends Fresh Flours and Baking Baby Food Alternative Milks Sauces Dressings, Marinades, Spice Pastes and Blends Soups Dips and Spreads Burgers and Loaves Desserts Ice Cream, Sorbets, Milkshakes and Popsicles Truffles and Energy Balls Alcoholic Drinks Scrubs, Masks and Lotions. Asbell also includes useful information on the differences among the different series models, and tips and techniques that demonstrate how to turn the Vitamix(R) into an invaluable workhorse in the home kitchen.

Mastering the Art of Family Mealtime

The Prairie Homestead Cookbook

My Father's Daughter

Honestly Healthy

New Techniques, Extraordinary Flavor

Power Blender Revolution

My Vitamix Blender Smoothie Recipe Book, a Simple Steps Cookbook

101 Superfood Green Smoothie Recipes for Vitamix, to Gain Energy, Lose Weight & Feel Great Again, from Simple Steps Books!

The Academy-Award winning actress and avid foodie shares a sumptuous collection of recipes and gorgeous photographs celebrating the joy of preparing food for loved ones, a passion she learned from her beloved father. As an actress, author, trendsetter, creator of goop.com, and host of the popular PBS series, *Spain: On the Road Again*, Gwyneth Paltrow is an icon of style and good taste around the world. As a young girl eating and cooking with her father, Bruce Paltrow, she developed a passion for food that has shaped how she lives today and strengthened her belief that time with family is a priority. Now in *My Father's Daughter*, Paltrow shares her favorite family recipes along with personal stories of growing up with her father, Bruce Paltrow. She discusses how he has influenced her in the food she loves, how she involves her kids in cooking, and how she balances healthy food with homemade treats. And, for the first time, Paltrow offers a glimpse into her life as daughter, mother and wife, sharing her thoughts on the importance of family and togetherness. Complete with 150 delicious ideas for breakfast, sandwiches and burgers, soups, salads, main dishes, sides, and desserts, this beautifully illustrated book includes full-color photos throughout, many featuring Paltrow at home with her family and friends. *My Father's Daughter* is a luscious collection that will inspire readers to cook great food with the people who mean the most to them.

Master your Vitamix Blender with 1000 days of delicious & easy-to-prepare recipes to incorporate more whole foods into your daily diet Many people are excited when they first purchase a Vitamix Blender but aren't really sure what to do with it besides make smoothies. While the Vitamix Blender is great for making smoothies it has the potential to be used for so much more. This book contains a plethora of recipes that can all be made quickly and easily right in your Vitamix. So what are you waiting for? The Vitamix Blender Cookbook for Beginners will change your life. This quick & easy to use guide will show you how to make the most of all the nutrients that natural foods have to offer in delicious smoothies, juices, nut milks, spices, homemade creams and butters and much more. Start drinking wholesome all-natural smoothies 1-2 times a day and feel amazing & so full of energy. Your body will naturally start shedding extra weight on its own, while your skin glows and appears incredibly radiant. The Vitamix Blender Cookbook for Beginners tells you: What is Vitamix 5200 Blender? Parts and Functions Operating Instructions Advantages of Vitamix Blender Cleaning and Maintenance And this Cookbook contains the following categories: Appetizers Soups & Salsas Dressing, Sauces & Spreads Desserts Drinks And much more... Whether you want to make a nutrition-packed smoothie, a hearty soup, or a delicious dip, The Vitamix Blending Cookbook will enhance your meals and snacks with outstanding recipes everyone will love. Get a copy of this great Vitamix Blender Cookbook and enjoy your life once and for all.

A beginner's guide to sous vide, which has been a popular cooking technique in restaurants for years, offering tender and succulent dishes cooked to perfection. Now, from the creator of Nomiku—the first affordable sous vide machine—comes this easy-to-follow cookbook that clearly illustrates how to harness the power of sous vide technology to achieve restaurant-quality dishes in the comfort of your own kitchen. Discover the stress-free way to cook a delicious (and never dry!) Thanksgiving turkey along with all the trimmings, classics like Perfect Sous Vide Steak and Duck Confit, and next-level appetizers like Deep Fried Egg Yolks. Including over 100 recipes for everything from Halibut Tostadas, Grilled Asparagus with Romesco, and Chicken Tikka Masala, to Dulce de Leche, Hassle-Free Vanilla Ice Cream, and even homemade Coffee-Cardamom Bitters, *Sous Vide at Home* has you covered for every occasion.

Updated with a brand-new selection of desserts and treats, the fully illustrated Sally's Baking Addiction cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, Sally's Baking Addiction, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious: Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction.

Get a quick start with your Vitamix Blender and meet your goals for better health today! This book shows you exactly how to get the most out of your Vitamix Blender (models 1891, 5200, 5300, 6300, 7500, 750 and Pro Series) and make 101 of the most delicious and nutritious smoothies you've ever tasted! No other book contains specific instructions and recipes for your Vitamix Blender. Combined with 101 of the best, most popular recipes, this book is the perfect companion for anyone who owns a Vitamix! 101 SMOOTHIE RECIPES - anti-aging - detox - weight loss - bones and joints - constipation - blood sugar - immune system - beauty - energy boost - general health - heart - mood - performance - stress - kids Do you own a Vitamix? Then this book is for you. All of our recipes and "how to" instructions are designed specifically for Vitamix blenders, and to help you with your lifestyle and health goals. Buy today! MONEY-BACK GUARANTEE Free shipping for Prime members

The Official High Times Cannabis Cookbook

Zoë Bakes Cakes

Not Just Smoothies! Super Delicious, Super Easy Recipes for Health and Happiness

Vitamix Blender Cookbook for Beginners

Vitamix Cookbook

Once Upon a Chef: Weeknight/Weekend

Beyond Bigger Leaner Stronger

Over 100 Vegan Recipes to Glow from the Inside Out

***At long last, Sarah Britton, called the “queen bee of the health blogs” by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah’s adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one’s health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.***

***Discover simple ways to incorporate more whole foods into your daily diet using a blender with this gorgeous cookbook featuring 200 delicious recipes and more than fifty full-color photos—the first widely available cookbook from the Vitamix brand. Recently known primarily to professional chefs, over the past decade the Vitamix blender has become one of the most sought after kitchen appliances in home kitchens. Now, Vitamix has created a gorgeous companion cookbook to help you enjoy the benefits of a whole foods diet. Here are more than 200 simple, scrumptious, easy-to-prepare recipes that use a blender—most taking less than thirty minutes. The chefs at Vitamix believe that the only way to make lasting, healthy changes to your diet is to enjoy the food you eat. With The Vitamix Cookbook they’ve***

*created mouthwatering food you'll want everyday: breakfast and brunch, including smoothies, breakfast mains (muffins, breads and scones), pancakes, waffles, egg dishes soups and sides (amazingly, the Vitamix heats the soup while blending it, making it table ready in less than ten minutes!) entrees, including wraps and sandwiches, burgers, pizza, pasta, poultry, meat and seafood sauces and dressings drinks, including nut milks, juices, and even cocktails desserts, including sorbets, ice creams, milkshakes and baked desserts Throughout The Vitamix Cookbook, you'll find helpful sidebars with inspiring stories of people who have improved their health using their Vitamix, as well as tips for a nutritious whole foods diet.*

*The favorite recipes, preparation techniques, and stories from Vitamix and Vitamix fans and celebrities in the Vitamix 100th Anniversary Cookbook will inspire you to make delicious and easily prepared whole foods part of your lifestyle.*

*Complete Vitamix Blender Cookbook Over 350 All-Natural Recipes for Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin & Hair Creams & Much More CreateSpace The long-awaited cookbook companion to the instant New York Times bestseller Fat Chance shows you how to beat the odds—deliciously Dr. Robert Lustig's message that a calorie is not a calorie revolutionized our understanding of weight loss and nutrition. But in order to avoid the hidden sugars that threaten our health and waistlines, Dr. Lustig warns that we must transform the way we shop, cook, and eat. Teaming up with Cindy Gershen—a chef who's lost more than one-hundred pounds on his plan—Dr. Lustig shows readers how to:*

- Stock a pantry
- Prepare more than 100 fast and delicious recipes
- Feed a family—kids included—healthy foods they'll love
- Make entertaining easy and nutritious

*More timely than ever now that newest edition of The Dietary Guidelines for Americans has for the first time placed hard limits on the amount of sugar we should consume, The Fat Chance Cookbook shows you how to lose weight, find your way back to health, and still enjoy delectable, memorable meals.*

*100 Whole Food Recipes from Our Fans & Family*

*The Vegan 8*

*Sally's Baking Addiction*

*70 Quick-Fix Weeknight Dinners + 30 Luscious Weekend Recipes: A Cookbook*

*Big Vegan*

*Eat with your body in mind, the alkaline way*

*100+ Tasty Recipes to Lose Weight, Gain Energy, and Feel Great in Your Body*

*The Modern Technique for Perfectly Cooked Meals [A Cookbook]*

*This recipe book is specifically designed for any Vitamix (or Ninja) blender model and includes delicious classic soup recipes like broccoli and cheddar soup, tomato soup gazpacho, and more. There are also both hot and cold soup recipes included, and most of the cold soup recipes are made with delicious fresh fruit and are a great alternative to the standard smoothie that you might make with your Vitamix.*

*Complete with nutritional information, these recipes are designed to be easy to make and healthy; most of them are around 100 to 200 calories per serving and made with delicious whole foods and natural ingredients. The Vitamix is a powerful blender that can actually heat up liquids, and it is designed to be used to make soup safely with a built-in steam escape and blades that can heat the soup up. If you haven't used your Vitamix to make soup, this recipe book is the perfect place to start, and you will be amazed at how easy it really is to make these simple but very appetizing soups in your blender.*

*Your Vitamix® Blender can do more than you think! This Simple Steps(tm) recipe book combines illustrated instructions with 101 of our healthiest superfood smoothie recipes, and is written to show you exactly how to use your Vitamix blender like a pro! This book is the perfect companion for anyone who owns a Vitamix blender! INCLUDES 101 SMOOTHIE RECIPES FOR: - anti-aging - detox - weight loss - bones and joints - constipation - blood sugar - immune system - beauty - energy boost - general health - heart - mood - performance - stress - kids (Scroll up and "Look Inside" for a full table of contents) Do you own a powerful blender like the Vitamix, and are you interested in making delicious smoothies that can help you meet your health goals? Then this book is for you. All of our recipes and "how to" tips are designed specifically to be compatible with the Vitamix, and to help you get the most out of your investment. Buy today! MONEY-BACK GUARANTEE Free shipping for Prime members ABOUT SIMPLE STEPS(tm) COOKBOOKS Simple Steps Cookbooks are independently published, home kitchen-tested cookbooks which cover a range of diets and cooking-methods. Our team of chefs, writers and enthusiasts love to cook and love testing new kitchen products! Our mission is to help our readers get the most from their cooking journey! This book is not endorsed or authorized by Vitamix. However, the publisher (Simple Steps Cookbooks) stands behind the content of the book to be fully compatible with the Vitamix. Whether you're new to the world of high-speed blenders or have been using a Vitamix for years, the Vitamix Cookbook: Not Just Smoothies! Super Delicious, Super Easy Recipes for Health and Happiness is going to help you make amazingly healthy and delicious soups, dips, sauces, smoothies, desserts, and more. Many people are excited when they first purchase a Vitamix but aren't really sure what to do with it besides make smoothies. While the Vitamix is great for making smoothies it has the potential to be used for so much more. This book contains a plethora of recipes that can all be made quickly and easily right in your Vitamix. So what are you waiting for? Happy blending!*

*Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-*

*free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family—even the non-vegans—will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.*

*Veganism has been steadily moving toward the mainstream as more and more people become aware of its many benefits. Even burger-loving omnivores are realizing that adding more plant-based foods to their diet is good for their health and the environment. Big Vegan satisfies both the casual meat eater and the dedicated herbivore with more than 350 delicious, easy-to-prepare vegan recipes covering breakfast, lunch, and dinner. Highlighting the plentiful flavors that abound in natural foods, this comprehensive cookbook includes the fundamentals for adopting a meat-free, dairy-free lifestyle, plus a resource guide and glossary that readers can refer to time and again. Eat your veggies and go vegan! The Recipes and Meal Plans I Used to Lose over 100 Pounds Pressure Cooker, and More*

*Vitamix Blender Smoothie Book*

*One-Hour Dairy-Free Cheese*

*Vitamix 100th Anniversary Cookbook*

*Over 350 All-Natural Recipes for Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin & Hair Creams & Much More*

*101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes*

*Make Mozzarella, Cheddar, Feta, and Brie-Style Cheeses—Using Nuts, Seeds, and Vegetables*

*The Food Lab: Better Home Cooking Through Science*

IACP AWARD FINALIST • The expert baker and bestselling author behind the Magnolia Network original series Zoë Bakes explores her favorite dessert—cakes!—with more than 85 recipes to create flavorful and beautiful layers, loafs, Bundts, and more. “Zoë’s recipes have made her an artist in the truest sense of the word.”—Joanna Gaines, co-founder of Magnolia NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY TIME OUT Cake is the ultimate symbol of celebration, used to mark birthdays, weddings, or even just a Tuesday. Zoë Bakes Cakes, bestselling author and expert baker Zoë François demystifies the craft of cakes through more than eighty-five straightforward recipes. Discover treats such as Coconut-Candy Bar Cake, Apple Cake with Honey-Bourbon Glaze, and decadent Devil’s Food Cake. With step-by-step photo guides that break down baking fundamentals—like creaming butter and sugar—and expert knowledge to guide you, anyone can make these delightful creations. Featuring everything from Bundt cakes and loaves to a wedding confection, Zoë shows you how to celebrate any occasion, big or small, with delicious homemade cake.

*Peter Reinhart's Whole Grain Breads*

*Get the Most Out of Your Vitamix Blender with These Amazing, Delicious, Quick and Easy Recipes*

*Inspired Plant-Based Recipes for Every Season: A Cookbook*

*Van Leeuwen Artisan Ice Cream Book*

*More Than 50 Irresistible Recipes That Will Get You High*

*The Fat Chance Cookbook*

*More Than 300 Healthy and Amazing Recipes That Unlock the Full Potential of Your Vitamix, Blendtec, Ninja, or Other High-Speed Power Blender*

*The Hidden Truth about Sugar, Obesity and Disease*