



175 Best Superfood Blender Recipes

Using Your NutriBullet®

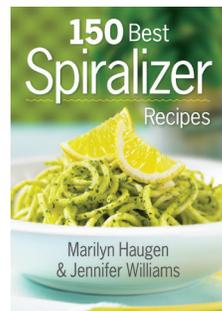
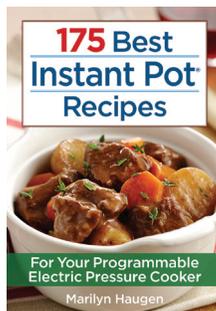
This ingenious book explains everything you need to know about healthy eating, nutrition and superfoods and then parlays this information into 175 delicious and easy-to-prepare recipes for smoothies, dips, dressings, soups, sauces and desserts. With these recipes and a NutriBullet®, you'll be well on your way to better health.

The benefits of superfoods in your diet are wide-ranging, from radiant skin to weight management.

MARILYN HAUGEN is passionate about cooking and entertaining and has turned this passion into a very successful cookbook career. She is the bestselling author of *150 Best Spiralizer Recipes* and *175 Best Instant Pot Recipes*.

DOUG COOK, RD, MHSc, is a registered dietitian and nutritional consultant with nearly 20 years of experience. Doug is very passionate about nutrition and believes that a diet based on whole foods can play a huge role in maintaining health. He practices an integrative and holistic approach to nutritional counseling.

ALSO BY MARILYN HAUGEN



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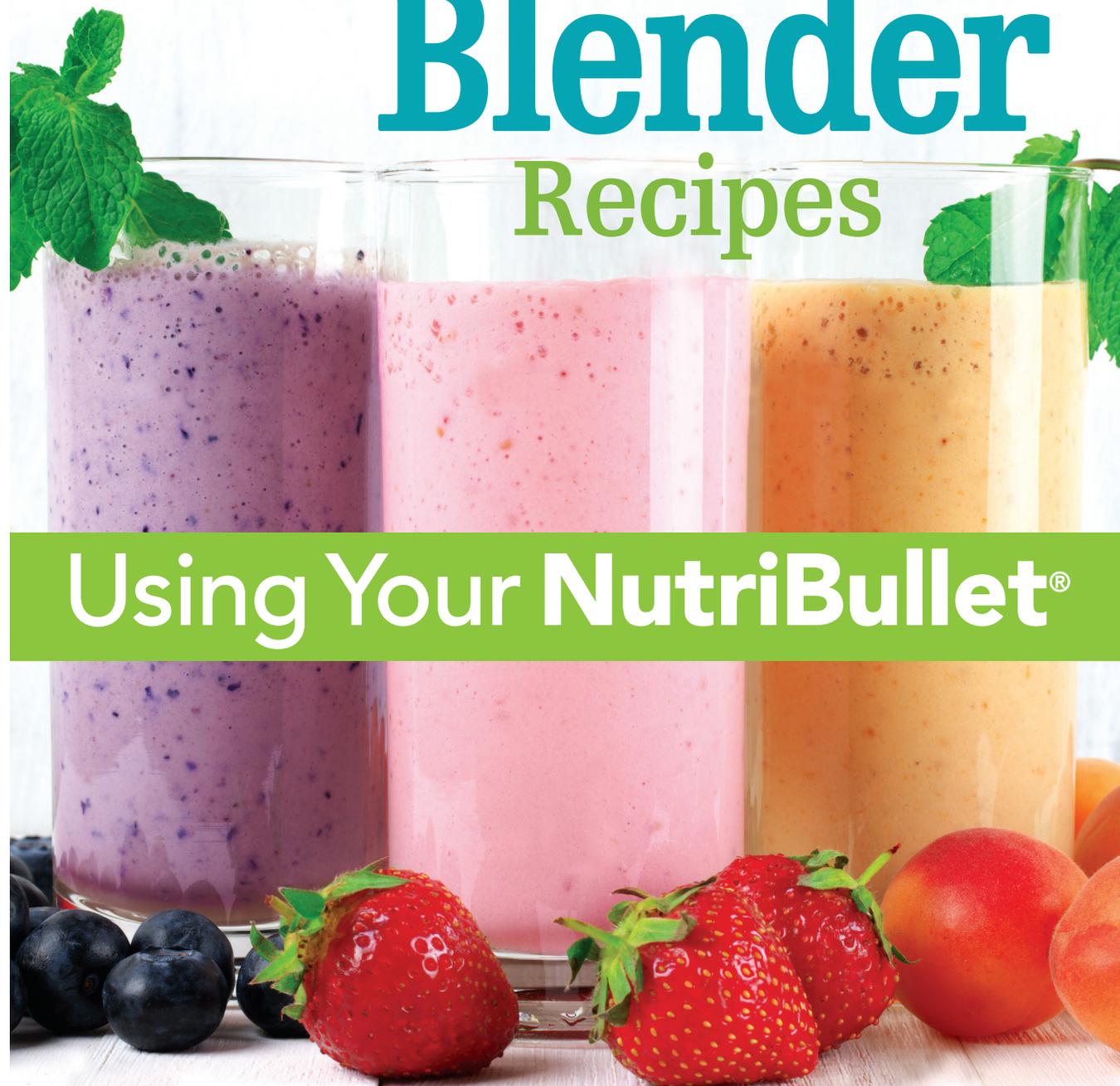
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DOUG COOK, RD, MHSC

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