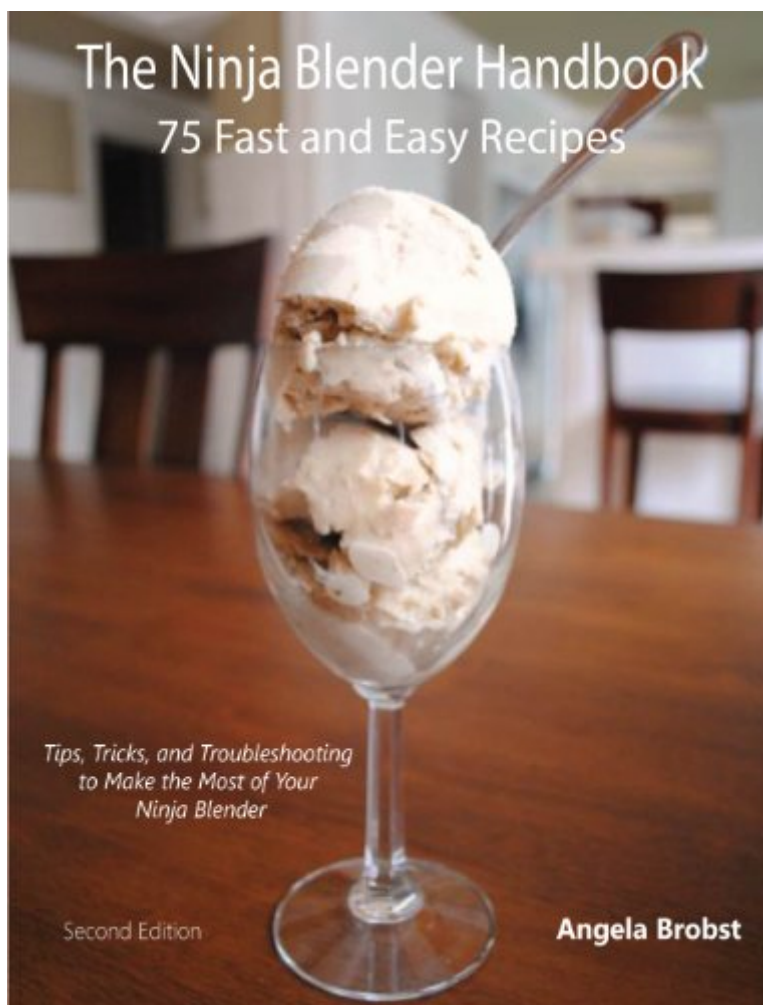


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# The Ninja Blender Handbook: 75 Fast And Easy Recipes



## Synopsis

Written by the author of Test Kitchen Tuesday, this second edition Ninja Blender Handbook is updated with 75 recipes and countless tips to make the most of your Ninja Professional Blender, Ninja Kitchen System, Ninja Mega Kitchen System, or Ninja Pulse. Written with a health-conscious lifestyle in mind, all of the "real food" recipes include Ninja-specific step-by-step instructions (including jar and blade recommendations), as well as detailed nutritional information, when appropriate. In addition to recipes, the book includes directions for making kitchen staples such as nut butters and various flours, as well as a dedicated section on juicing, and a troubleshooting and FAQs section.\*Please note: This book does not have specific instructions for the Ninja Ultima at this time, though the recipes included will work with the Ninja Ultima model.

## Book Information

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## Customer Reviews

If your blender makes great smoothies, you can also use these recipes. Author Angela Brobst produced a great little book of nutrition boosting recipes, complete with nutritional info breakdown. The cover page reads "Tips, Tricks, and Troubleshooting to Make the Most of Your Ninja Blender -

and delivers. She states she's not affiliated with Ninja - but they should put her on their payroll or at least give her a lifetime supply of Ninja Blenders. I never thought I could do so much with my Ninja Pulse and really appreciate her modifications for its smaller size. Inside Angela Brobst's book...Make your own Almond Milk - who knew it was so easy. No additives, sugar, just pure almond milk. And it's a big money saver to make your own quick, easy, fresh delicious smoothies. There's an assortment of offerings to power you through the entire day, from breakfast through dinner - and it's not all smoothies. Great collection of diverse recipes, broken down into: Beverages (Health boosting/enhancing Smoothie perfections! Banana-Mango, two excellent Green Smoothies, Super Blueberry, and the amazing Raspberry Maca & Wheatgrass) Breakfasts (tantalizing Apple-Lentil Muffins, Gluten-free Coconut Belgium Waffles, Peanut Butter Protein Pancakes) Juicing (detox drinks, Pear Kiwi Refresher) Desserts and Snacks (Avocado Chocolate Pudding - five stars, Chocolate Soft Serve - five more stars, Coconut Energy Bites - add chocolate and it's five more stars!, cashew cookie, peanut butter & oats snack bars) Kitchen Staples and Spreads (Applesauce, Nuts Butters, Balsamic Vinaigrette, Shaved Ice, AKA snow - might need a Ninja for that, guacamole, chickpea flour) Soups and Sides (Butternut Squash Soup, Red Lentil and Cauliflower Soup) The author also has a blog; check her out online for more tips and find a recipe or two.

The blender comes with a small recipe book (which I liked a lot too) but this book just gives you more quick, easy, and healthy options (I have only made smoothies, juices, and drinks so far). I like having a wide variety to choose from (I juice everyday and I am easily bored with eating the same thing everyday). I also enjoyed the added tips/tricks for adding more veggies into my little ones diet (she has no idea that the red smoothie she likes so much (because of beet juice) is packed full of green veggies). I definitely feel that I am getting my money's worth from the book and the blender! I love them both. I gave it 5 stars because the recipes are short, simple, taste good, are healthy and there is a nice variety of recipes (OH! and the book was very inexpensive. the e-book was only like \$3-4). Check out the table of contents before you buy to see what types of recipes are available and which ones you might like (I did).

Amazing recipes! I haven't even finished going through this ebook But, I was so impressed I had to write this review. Excellent recipes. Excellent ideas. No nonsense common sense recipes. Recipes sound easy and delicious. Buy it you won't regret it.

Really good book for ideas and recipes with the Ninja Blender. I read Test Kitchen Tuesday's blog,

so I was pleased when I saw the book. I bought the Ninja Professional Blender yesterday. It comes with a recipe book, but not as detailed as these. I checked on the Ninja site, and there's not a dough hook....(cookie dough? That's what the stand mixers like to do). We made banana soft serve from this cookbook. It was delicious. I appreciate the nutritional information. I intend to make quite a few of these recipes as they are creative, but with easily found ingredients. For the price, you can't beat the recipes in this book.

Wow.... My daughter bought a ninja for me, and I love it. I bought this book, and tried some recipes. So quick,easy, tasty and good for you.The healthy food of my day did not taste like this!Thank God for young and healthy families, my children are now teaching me.I have to say I didn't believe until I tasted it..Sincerely Celia

I have visited her website in the past and jumped at the free kindle book. It is as good as I expected. If you have the Ninjas you need this book--even if you have to pay for it. Will be watching to see if she has more books coming out.

good

I have a Ninja, but not one for which this book provides instructions. Solution? Buy another Ninja! The recipes look good and interesting, and the author even advises which pieces of equipment to use. Can't have too many recipes!

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Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss Smoothies, ... Protein Shake Diet, Green Smoothie)  
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