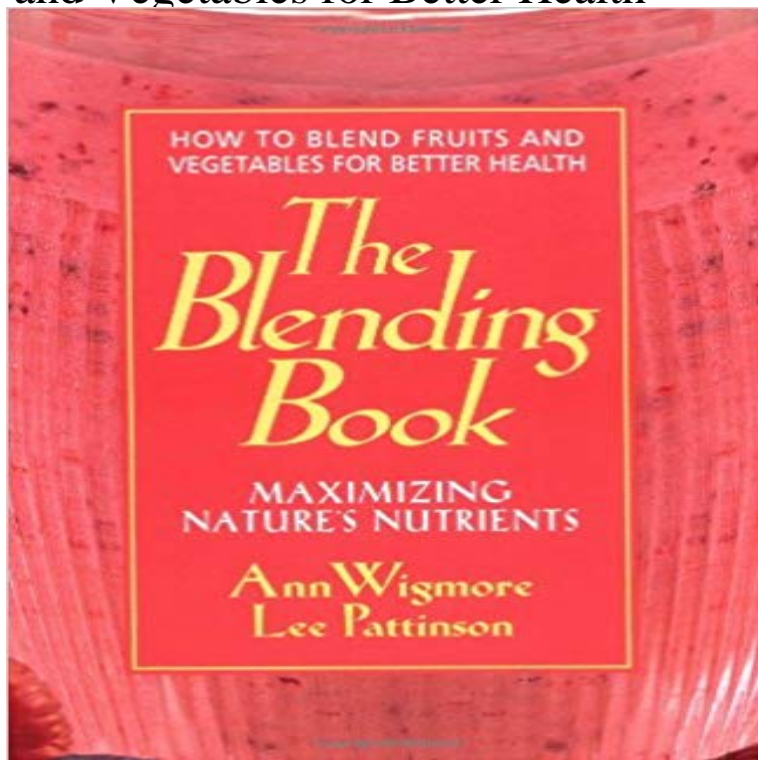


# The Blending Book: Maximizing Natures Nutrients: How to Blend Fruits and Vegetables for Better Health



Blending is the practice of liquefying whole foods to make nutritious mixtures that wont create stress on the digestive system. This book gives instructions on blending, equipment needed, best foods to blend, and nutrient values. Over 100 recipes include fruit smoothies, soups, sauces, and desserts.

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