



Diabetic-Friendly: NUTRiBULLET RECIPES

Celeste Jarabese

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Overview:

I need to ask you a few questions:

Are you unable to enjoy delicious smoothies because of Diabetes?

You don't have the time to prepare nutritious meals?

Wouldn't you love it if one book can give you delicious diabetic friendly smoothies which also help in losing weight and lead to better health?

Do not answer the questions. The fact that you are reading this description sums it all up.

Let me tell you, you need this book!

WHY? Here is why

Inside the Book:

- 100+ Delicious but Diabetic Free and Healthy Smoothie Recipes
- This is the only smoothie book for better health you will ever need! Recipes work with NutriBullet and other machines as well.
- All recipes are tried and tested
- The author of this book specializes in Nutrition and Dietetics and aims to provide you the best recipes for your health and your taste buds

Introduction:

This book is a part of a series of NUTRiBULLET recipe book that focuses on Diabetes-Friendly Smoothies for a more stable source of energy and blood sugar control.

This book will help people with diabetes to better manage their blood sugar levels by drinking healthy smoothies made with fruits, vegetables, seeds, nuts, dairy, tea, and other liquid bases.

The recipes in this book are high in fiber, vitamins, minerals, and antioxidants to help the body organs function properly. Also, they contain good amounts of carbohydrates, protein, and fats for a more stable source of energy to prevent dips and spikes in their blood sugar levels.

Bonus Recipe:

Here is a small free bonus recipe to get you all started:

Healthy Apple Carrot Ginger Smoothie Recipe:

Preparation Time: 5 minutes

Total Time: 5 minutes

Yield : 1 serving

Ingredients:

1 apple, peeled, cored, diced
1 small carrot, peeled, diced
1/2 teaspoon fresh ginger, grated
1 tablespoon lemon juice
Few parsley leaves
Water to max line

Method:

Place apple, carrot, ginger, lemon juice, and water onto the tall glass. Process in the NutriBullet for 10-12 seconds or until combined well.

Pour in a chilled glass. Garnish with a slice of lemon, if desired.

Serve and enjoy!

If Health is your Priority, Get this Book Now!!

TAGS: Nutribullet, Nutribullet Recipes, Nutribullet for Diabetes, Nutribullet Recipes for Better Health, Smoothies for Diabetes, Diabetic Smoothies, Smoothies for Diabetic, Delicious Smoothies, Paleo Nutribullet, Nutribullet recipes cookbook, Nutribullet recipes for Health, Nutribullet recipes for Beginners, Nutribullet recipes for Metabolism, Nutribullet recipes for Energy, Green Smoothies, Nutribullet Green Smoothies, Smoothies For Weight Loss, Nutribulle Low Carb, Nutribullet Fat Loss, Nutribullet Nutritious, Nutritious smoothies, Smoothies for Beginners, Nutribullet Smoothies for Busy People, Smoothies for Nutribullet.

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From reader reviews:

Anita Pfeifer:

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Kimberly Kiser:

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