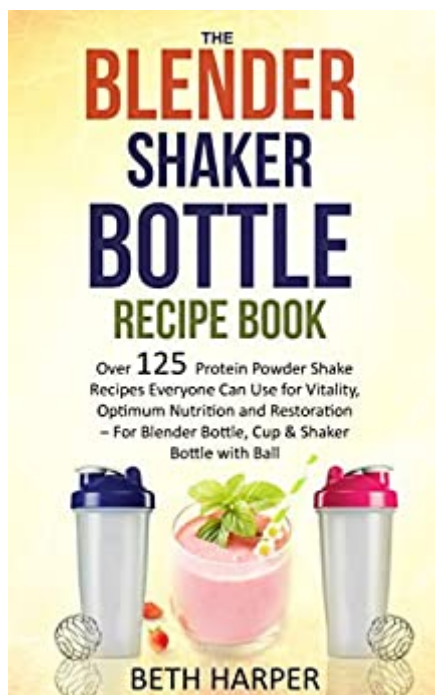


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# The Blender Shaker Bottle Recipe Book: Over 125 Protein Powder Shake Recipes Everyone Can Use For Vitality, Optimum Nutrition And Restoration – For Blender Bottle, Cup & Shaker Bottle With Ball



## Synopsis

Shake up your life • Get strong, energized and healthy! Need some interesting shake recipes for your blender shaker bottle? Author Beth Harper shares her inspiring story and new recipes in *The Blender Shaker Bottle Recipe Book*. With over 125 shake recipes for everyone, her book caters for different health goals. Whether you're a muscle builder, an athlete, a busy mom, or you simply lead an active lifestyle, you're sure to find some delicious shakes, just for you. You'll easily find nutrient-dense blender shaker bottle recipes for: Muscle Building and Weightlifting Weight Loss Brain Health Women's Health Kid's Health Men's Health Low Sugar and Low Carb Diets Weight Gain Overall Good Health Now you can experience optimum protein nutrition by using specially selected ingredients that works well with your shaker bottle mixer. Moreover, the shakes are the perfect combination of active nutrients and delectable taste in an assortment of natural flavors. These quick and easy recipes are convenient enough for busy people who want to get optimum nutrition every day. Get your copy today and experience strength from within. Ready, set, shake!

## Book Information

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## Customer Reviews

I've made a couple of shakes and they're really tasty. However, many recipes rely on flavored yogurt or juice, which aren't actually part of my diet. So I'm trying to find workarounds. Would love to see more plain yogurt recipes and less sugary methods of flavoring. Hemp hearts would be a good addition too.

The recipes are simple and work perfect with the shaker bottle tumbler. The book and tumbler bought together are a must!

Great creative ways to liven up a protein drink. Recipes for everyone!

GREAT ideas

Very good recipe book!!!

Good book

Easy to close for no leak shaking and easy to get the top open to drink!

I have been looking into other ways to improve my diet, general health and energy level. This book offers an incredible variety of tasty ways to do so. The book doesn't only contain a mix of recipes, but the author explains the benefits of protein shakes, the different types of protein powders and some tips and pointers. The author is obviously passionate about the recipes throughout the book and is also very knowledgeable about the ingredients within and how they benefit the body. This is a great a delicious way to get your daily vitamins and nutrients!

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