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Great tasting, nutritious smoothies, juices &  
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## **The Skinny Personal Sports Blender Recipe Book**

**Great tasting, nutritious smoothies, juices & shakes. Perfect for workouts, weight loss & fat burning. Blend & Go!**

Personal blending is the fastest way to create super healthy, delicious single serving smoothies, juices, breakfast drinks, protein & nutrition shakes. This no-fuss approach to a healthier way of living is a great way to increase your fruit intake, compliment your daily workouts, manage your diet or just have fun making great tasting drinks.

Blend & go devices are hugely popular especially for the health conscious and those with a busy lifestyle. Using your personal sports blender couldn't be simpler...just add the ingredients as per our recipes, blend in the sports bottle then replace the blade with the leak proof lid and you're done! It's perfect for quick breakfast drinks on the go, gym nutrition or a meal-time filler if you are on a diet.

All our recipes are calorie counted making it easy for you to keep track of your calorific intake and help you achieve your 5-A-Day quota.

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