



# The Skinny NUTRiBULLET Soup Recipe Book: Delicious, Quick & Easy, Single Serving Soups & Pasta Sauces For Your Nutribullet. All Under 100, 200, 300 & 400 Calories.

By CookNation

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Most likely you bought your NUTRiBULLET to make awesome smoothies....but its potential doesn't end there!

The power of the NUTRiBULLET means that, as well as making amazing drinks, you could also be making quick & easy, nutritious soups and pasta sauces everyday.

*The Skinny NUTRiBULLET Soup Recipe Book* is packed full of **simple, tasty, low calorie soups and pasta sauces** to make using your NUTRiBULLET. Each recipe **serves 1** and all fall **below 100, 200, 300 or 400 calories** making it easy for you to control your overall daily calorie intake.

If you are looking to lose or manage your weight as part of a calorie controlled diet then soup can be the perfect choice.

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Parsnip & Sweet Potato Soup  
Macaroni & Bean Soup  
Chilli Carrot Soup

Butternut Squash & Chive Soup  
Bean, Bacon & Garlic Soup  
Pea & Ham Soup  
Lentil & Bacon Soup  
Spicy Prawn Soup  
Thai Noodle Soup  
Mint & Melon Soup  
Indian Cucumber Soup  
Fresh Tomato & Basil Pasta Sauce  
Spicy Tuna Pasta Sauce  
Skinny Pesto Sauce  
Red Onion & Balsamic Vinegar Pasta Sauce

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