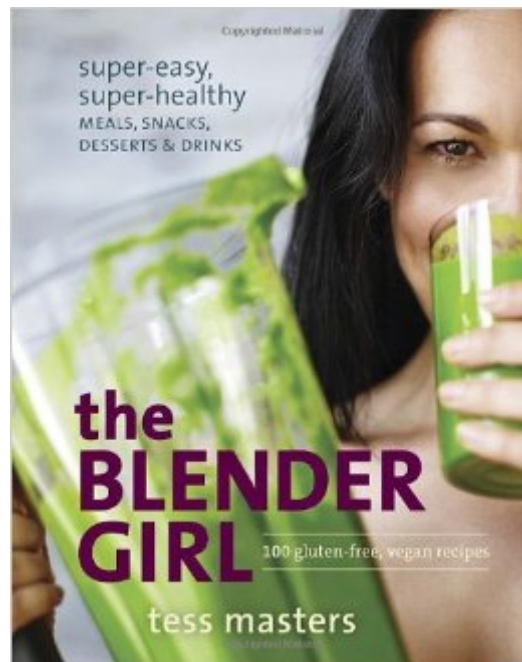


The book was found

The Blender Girl: Super-Easy, Super-Healthy Meals, Snacks, Desserts, And Drinks--100 Gluten-Free, Vegan Recipes!



Synopsis

The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In *The Blender Girl*, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice-Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether—these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with *The Blender Girl*—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

Book Information

Paperback: 224 pages

Publisher: Ten Speed Press; First Edition edition (April 8, 2014)

Language: English

ISBN-10: 1607746433

ISBN-13: 978-1607746430

Product Dimensions: 7.5 x 0.7 x 9.5 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (261 customer reviews)

Best Sellers Rank: #24,984 in Books (See Top 100 in Books) #10 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #28 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #73 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

I have been in contact with the author for a few years now, and on a personal level - she is the REAL DEAL!!!! My son was dx with cancer at the age of 5 in 2007 - after all treatment, he was having dietary issues along with being grossly underweight, as well as losing his taste for certain foods which provide essential nutrition. Well, I happened upon Tess Masters and without hesitation she not only responded via mail, she personally called me and gave me some of the best advise. To date, my son is 6 years cancer free - and still has no idea that we are sneaking veggies into a lot of his food via the Vitamix and Tess' recipes!!! I'm looking forward to trying many more recipes in this book. Thanks Tess xxxxx

Tess Masters delivers an incredible, inspiring book that contains a variety of mouth-watering recipes, helpful tips on health advice, and much more. The Introduction begins with her own personal story of her journey of discovery on flexibility, a key factor to healthy living. This book is packed with information on proper, healthy diets and the golden key to success in losing weight, and staying healthy. The author includes delicious recipes on: Appetizers; Snacks; Salads; Main Dishes; Smoothies; Dressings; and more. Tess Masters discusses the power of whole foods, balance, choosing the right blender, and other important information. We learn how to Soak, Chop, Mince, and Grate. The author also discusses why the Spatula is Queen, Types of blenders and performance, raw power, and the colorful photos are inviting. There is a section on Increased Energy, Prevention Of Disease, and discussions on the well-being of a healthy life. We also learn about Superfoods, Vitamins, minerals, and Antioxidants. There is interesting information on soaking nuts, cheat charts, how to make homemade milk, and how to Store and Freeze. The author includes facts on Vegetables, Fruits, and Sweeteners, such as Stevia. She begins Recipes with delicious Smoothies and Shakes such as: Raspberry Lemon Cheesecake, Pineapple Salsa, Creamy Orange C, and other yummy recipes that make your mouth water. We made thus far, the Apple Pie In A Glass And the Chock-Full Chocolate Surprise, both were delicious, and my daughter requested those again. In addition, there is information on: Juicing Versus Blending, Nuts and Seeds, Dips and Spreads, and more. The desserts are amazing, and we had fun making the Ginger-Apple Pear

Butter, which we love on toast. I've tasted Apple Butter once and loved it, so we were anxious to make this. Next we will make the Raspberry Jam, and the Rich But Simple Tomato Soup. My daughter selected the Butternut Bliss soup for tomorrow. I also made the Pear And Candied Walnut With Raspberry Vinaigrette Salad Dressing, very light, refreshing, and tasty. I will be making this again-and-again. We also learn how to make homemade Vegetable Broth, and the Main Dishes are fantastic. Some Recipes include: Pizza; Tacos; Lasagna; Creamy Mushroom Stronganoff; and other inviting recipes. This book is a delightful addition to my cookbook collection, and I will be gifting it to friends and family on special occasions. Highly recommended!

This book, and truthfully Tess Masters, the beautiful chef and author, have honestly changed my life. I had the luxury of discovering Tess and her fabulous website [...] two years ago this month. I fell immediately in love, went out and bought a Vitamix based on her inspiring recipes and personal encouragement, and off I went into the kitchen. I eat better, I sleep better, my kids are healthier, my family and I ALL have more energy. We get sick less often. We are more FULL OF LIFE from following the recipes on her website and in this fantastic book! Have you seen the movie "Julie and Julia" about a young writer attempting to test each and every one of Julia Child's recipes in her first cookbook? Well, that's me and this book (and website, truth be known, but that's a lot of material!) I absolutely love every single Tess Masters recipe I have ever tried, and interestingly, I don't even tweak them. I tweak EVERY recipe, honestly, but not these - they're PERFECT the way they are. My kids are now slurping all things raw and full of nutrients: hemp seeds, chia seeds, almond milk and kale, gazpacho and cauliflower soup, among other things. They eat flax seeds, coconut and more - sometimes knowingly, sometimes - HA - not! That's the beauty of some of these recipes! You can honestly sneak in the healthy stuff and since the recipes are THAT GOOD the kids don't ask too many questions! We served the "Spicy Gazpacho Grab" and the ridiculously perfect "Pineapple Vanilla Sangria" at a fairly large party one evening and EVERYONE (not the kids) asked for the recipes. I told them all to go buy the book! There are smoothies, dips, spreads, pancakes, soups, desserts, salads and so much more - but it's not just the recipes that make this book seriously amazing. The educational, loving, teaching aspect makes me want to read and reread this book many times over. The Blender Girl's cookbook has claimed a permanent spot on my kitchen counter. It's absolutely gorgeous, with stunning photography and outstanding information on how to do things I thought were "too difficult" before reading this. Make my own almond milk? What?! It's so Easy! Tonics? What are those? Fixer-uppers, that's what. Try them, you'll like them. Seriously. Yup, it's really that easy. Tess Masters breaks down healthy eating and blending to

a simple step by step "how to" - it's really rather easy when you have a good teacher. Spend some time in this book and on her website and you'll find yourself hooked too.

[Download to continue reading...](#)

The Blender Girl: Super-Easy, Super-Healthy Meals, Snacks, Desserts, and Drinks--100
Gluten-Free, Vegan Recipes! Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals,
Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan
... cooker,vegan protein powder,vegan protein) Wheat Belly Diet For Beginners: Grain-Free,
Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included!
(Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Vegan: High Protein Vegan
Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) The
Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes Super Paleo Snacks:
100 Delicious Low-Glycemic, Gluten-Free Snacks That Will Make Living Your Paleo Lifestyle Simple
& Satisfying The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes Vegan
Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays,
Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Let Them Eat
Cake: Classic, Decadent Desserts with Vegan, Gluten-Free & Healthy Variations: More Than 80
Recipes for Cookies, Pies, Cakes, Ice Cream, and More! Smoothies for Diabetics: Over 100 Quick
& Easy Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants &
Phytochemicals (Natural Weight Loss Transformation) (Volume 100) Cooking for the Specific
Carbohydrate Diet: Over 100 Easy, Healthy, and Delicious Recipes that are Sugar-Free,
Gluten-Free, and Grain-Free Deliciously Ella Every Day: Quick and Easy Recipes for Gluten-Free
Snacks, Packed Lunches, and Simple Meals The Ultimate Party Drink Book: Over 750 Recipes for
Cocktails, Smoothies, Blender Drinks, Non-Alcoholic Drinks, and More The Healthy Instant Pot
Pressure Cooker Cookbook: 120 Nourishing Recipes For Clean Eating, Paleo, AIP, Gluten Free,
Vegan And Other Healthy Diets The Best Slow Cooker Recipes & Meals Cookbook: Over 100
Healthy Slow Cooker Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast
... Recipes, Slow Cooker Desserts and more! The Ultimate Smoothie Book: 130 Delicious Recipes
for Blender Drinks, Frozen Desserts, Shakes, and More! SPOOKtacular Gluten-Free Halloween
Desserts: A cookbook of delicious, wheat-free, dairy free, all natural organic recipes that will dazzle
your guests at your scary party Gluten-Free Artisan Bread in Five Minutes a Day: The Baking
Revolution Continues with 90 New, Delicious and Easy Recipes Made with Gluten-Free Flours
Everyday Grain-Free Baking: Over 100 Recipes for Deliciously Easy Grain-Free and Gluten-Free
Baking Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With

These Amazing, Delicious, Quick and Easy Recipes

[Dmca](#)