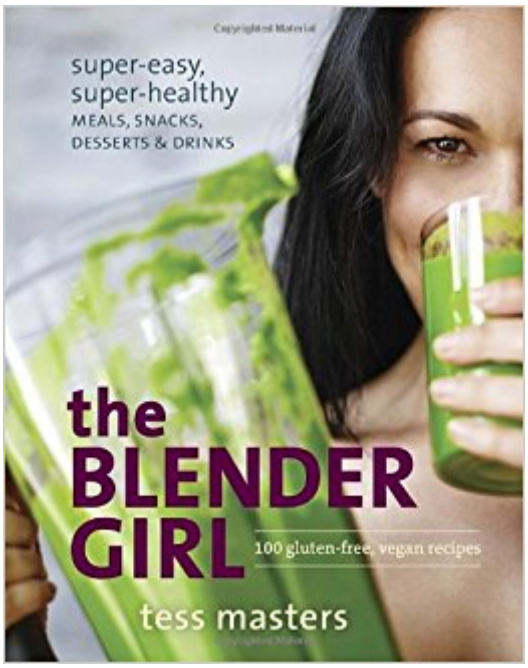
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The Blender Girl: Super-Easy, Super-Healthy Meals, Snacks, Desserts, And Drinks--100 Gluten-Free, Vegan Recipes!



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Synopsis

The debut cookbook from the powerhouse blogger behindÃ Â theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more madeÃ Â quickly and easily in a blender.WhatÃ¢â ¬â„¢s your perfect blend? Ã Â On her wildly popular recipe blog, Tess MastersÃ¢â ¬â •aka, The Blender GirlÃ¢â ¬â •shares easy plant-based recipes that anyone can whip up fast in a blender. TessÃ¢â ¬â„¢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, TessÃ¢â ¬â„¢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. Ã Â 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 TessÃ¢â ¬â„¢s smoothies and shakes taste like dessertÃ¢â ¬â •Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice- Cream Kale, anyone?Ã¢â ¬â •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 altogetherÃ¢â ¬â • these dishes are super forgiving, so you canÃ¢â ¬â„¢t mess them up. Ã Â 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 donÃ¢â ¬â„¢t have to understand the science of good nutrition to run with The Blender GirlÃ¢â ¬â •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

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Customer Reviews

Featured Recipes from The Blender Girl Download the recipe for Antioxidant Avenger Download the recipe for Fresh Spring Rolls with Orange-Almond Sauce Download the recipe for Watermelon Gazpacho Ã Â

Ã¢â ¬Å“Healthy fast food has a new superhero. Tess Masters blends up great-tasting dishes that make it easy to eat well, detoxify, and rebalance. If youÃ¢â ¬â„¢re looking for healthy, convenient meals without all the processed stuff and sugar, look no further.Ã¢â ¬Â• Ã¢â ¬â •Mark Hyman, MD, chairman of the Institute for Functional Medicine and six-time New York Times best-selling author Ã Â Ã¢â ¬Å“Tess Masters has created innovative and heartwarming plant-based recipes for every meal of the day that will keep your blender busy and your family happy and in good health. Your blender will become your new best friend as you create culinary blended bliss together. Ã¢â ¬Â• Ã¢â ¬â •Joy Pierson, nutritionist and coauthor ofÃ Â The Candle Cafe Cookbook and Candle 79 Cookbook Ã Â Ã¢â ¬Å“The Blender Girl is not just a collection of fruit smoothies. ItÃ¢â ¬â„¢s a gift of deliciously balanced recipes, power packed with information that adds a new twist to the old adage Ã¢â ¬Ëœdrink your solids and chew your liquids.Ã¢â ¬â„¢Ã¢â ¬Â• Ã¢â ¬â •Ann Gentry, author of The Real Food Daily Cookbook

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 advice. 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 Antitoxidants. 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. ÃƒÂ¢Ã â ¬Ã Å“The Blender GirlÃƒÂ¢Ã â ¬Ã Â• 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?! ItÃƒÂ¢Ã â ¬Ã â„¢s 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.

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