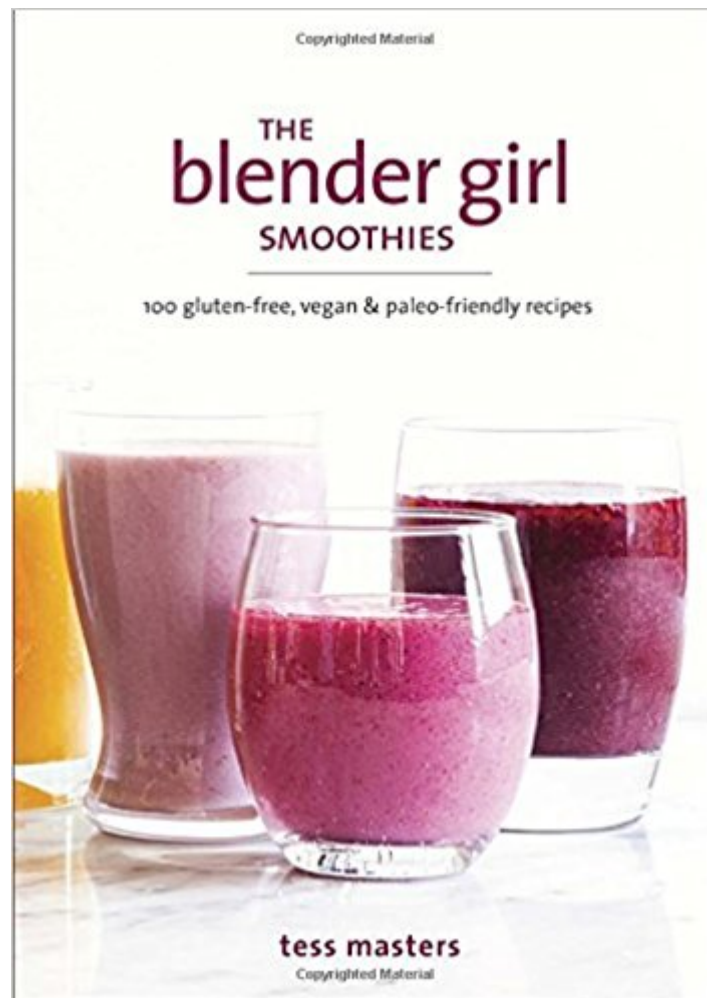




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The Blender Girl Smoothies: 100 Gluten-Free, Vegan, And Paleo-Friendly Recipes



Synopsis

A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional add-ons for every recipe. The Blender Girl takes smoothies to the next level in this comprehensive guide, helping you blast your way to good health and blended bliss. These 100 creative and delicious recipes are designed to fit your every need, whether you want to detox, lose a few pounds, get energized, or guard against seasonal colds. Each smoothie has three optional boosters (like chia seeds, ginger, coconut oil, or wheat grass) that allow you to ramp up flavor, nutrient value, or both. Featuring gorgeous photography throughout, a smoothie pantry that demystifies unusual ingredients, icons to identify smoothies that fit your particular dietary needs, and strategies for achieving smoothie success, this accessible handbook makes it fun and easy to find your perfect blend.

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Customer Reviews

“Tess Masters has created the ultimate smoothie guide! Her book is my go-to resource whenever I want to try new flavor combinations or learn about health-boosting superfood ingredients.”
—Angela Liddon, New York Times best-selling author of *The Oh She Glows Cookbook*
“With *The Blender Girl Smoothies*, Tess Masters reigns supreme as the queen of healthy smoothies. Regardless of your dietary stripes, you’ll find plenty of inventive recipes that’ll knock your socks off!”
—Michelle Tam, New York Times best-selling author of *Nom Nom Paleo: Food for Humans*
“Tess Masters’s

brilliant smoothie recipe book is a must-have for both rookie and seasoned blenders. I love this book and I'm confident that its pristine pages will be smoothie-stained in no time!

• Sarah Britton, author of *My New Roots* "It's just right for every taster, novice to aficionado. Included in the book is 100 gluten-free, vegan & paleo-friendly recipes. That might sound too healthy for some, but trust me the taste is all there, the health benefits are a bonus. In a few short pages you'll be fashioning creations that are light and fruity, clean and green, exotic and dessert like. There is something for all palates from sweet to savory to spicy."

• Linda Kissam, Examiner

Australian-born Tess Masters is a writer, actor, voiceover artist, and self-professed blendaholic. She shares her enthusiasm for healthy living at theblendergirl.com. As a presenter and recipe developer, Tess collaborates with leading food, culinary, and lifestyle brands. She has been featured in the Los Angeles Times, Washington Post, InStyle, Prevention, Real Simple, Thrive, Vegetarian Times, Living Without, Allergic Living, and New Idea; and online for Today, Shape, Glamour, Food Network, Parents, and Chow, among other publications and websites. Away from the blender, Tess enjoys a diverse performance career. She has toured internationally with stage productions, worked in film and television, and lent her voice to commercial campaigns, audiobooks, and popular videogame characters. Tess and her partner, Scott Brick, live in Studio City, California, with their West Highland white terrier (and blender-cuisine maven), Cookie.

That's it! I can't wait anymore to review this book. Tess Masters, you are AMAZING! Each blend I've tried thus far has been surprisingly and wonderfully delicious. I was already a fan of your "tastes-like-ice-cream-kale" and your "raspberry-lemon cheesecake" and so many others from The Blender Girl Cookbook, and now these recipes: "appcelerade

Wow !! What a fabulous cookbook (or should I say blendbook)..... everything smoothies (I might be in heaven) !!! This book is like an encyclopedia of all things blended !! I absolutely love the layout.... fabulous pictures, easy guide to find what you want, and simple instructions. Tess Masters is a smoothie goddess!!

I have both of the blender girl cookbooks...This one was okay. The recipes weren't that creative and I probably could have saved the \$12 ..I didn't learn anything new from this one.

There are a lot of great smoothie recipes. I didn't pay attention to the title and I expected different recipes like Tess Masters' earlier book. I was a little disappointed that it was only smoothies but that's my fault as it says it plain as day on the cover. Lots of variations for different types of results that you may want. Cleanse, detox, weight loss, specific vitamins, etc.

This is a good book for those uninitiated into making smoothies, but many of the recipes are very similar, just changing the fruits. I was looking for something that would give me ideas for making high protein sugar free smoothies, and something to give me ideas about how to change things up. I did not get a lot of help there.

Tess Masters has a true gift to share with you in this book and on her gorgeous website: healthy blender recipes. This beautiful book has been a staple in our house, along with it's cousin, the app, since it first came out. Since I have trouble following anyone's directions, I use this beautiful book and app as a guide for amazing tasting, unique and very healthy smoothies - far from the strawberry/banana boringness I've made for our family in the past. The photos are gorgeous, the recipes ARE EASY - simply chuck in your blender and flip the switch, and they taste absolutely delicious! The "boosters" add a dimension you won't find in other, more common, read boring, smoothie books. Tess has seriously raised the bar on our smoothie and soup making so much so that even the pickiest of guest eaters to our home absolutely love our new blender creations! Don't be afraid to try these recipes and try the unique ingredients - you'll definitely be back at the store buying them again.

Excited as first. Need a lot of random ingredients on hand. Difficult to make multiple smoothies in a week because the ingredients for each vary so much. Made a couple. They're ok. Nothing you can't find online. Also, the nutritional information on each seems to be way off, especially the dessert ones.

I really love this book. I like smoothies but was getting a little bored with my own combinations. The ingredients are easily obtained and many recipes have combinations of fruit, greens, herbs and add-ons that are very unusual and delicious. I use it several times a week and really enjoy my smoothies. She offers recipes for fruit smoothies, green smoothies and dessert smoothies and includes information regarding nutritional value and health benefits for each blend. Highly recommend this one!

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