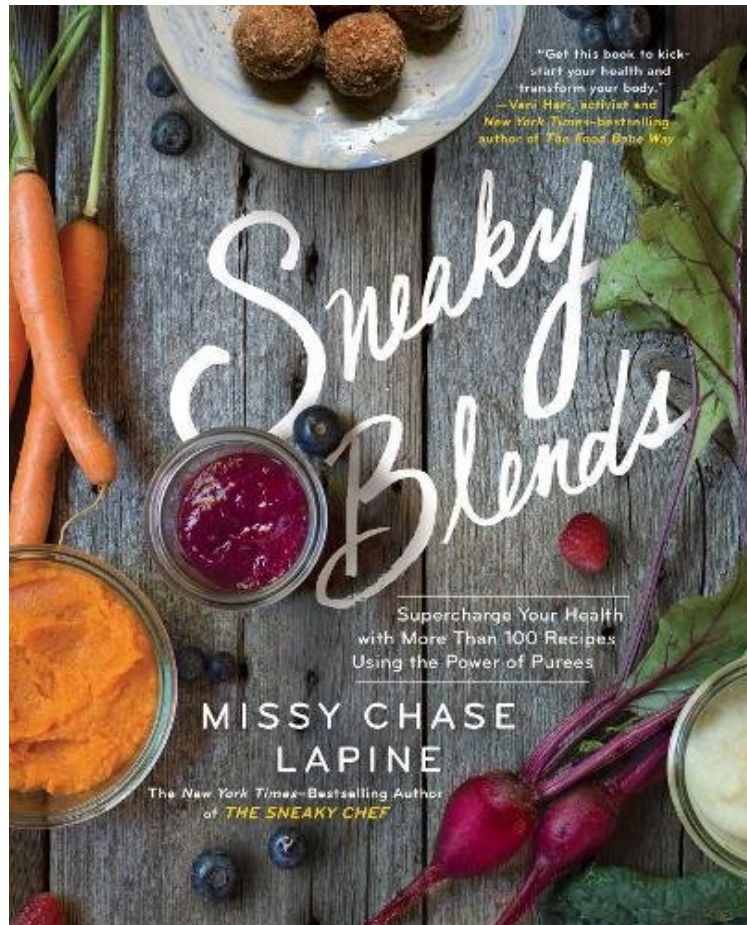


(Pdf free) Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees

Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees

Missy Chase Lapine

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Missy Chase Lapine : Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees before purchasing it in order to gage whether or not it would be worth my time, and all praised Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees:

6 of 6 people found the following review helpful. OMG, I can't believe Healthy food can taste this good and decadent!By CustomerMissy's Blends are delicious on their own and work great in recipes. I'm keeping one in my refrigerator at all times and lots of Blends in my freezer. I'm getting to eat all my favorite foods and they are so easy to make and are better for me. Served the curried deviled eggs last night and everyone was absolutely shocked I would have something seemingly fattening when I'm always trying to cut the fat and calories but it like 65 cal a serving and everyone was a believer. Thank you Missy we used to use uour Sneaky Chef recipes on our kids and now these are more for us and we love them so much!0 of 0 people found the following review helpful. I love this CookbookBy BexonthebeachI am a cookbook junkie. I collect beautiful cookbooks, and hardly ever cook. Mainly because once I

start to do a recipe- all of the ingredients I don't have, and by the time I get them, my food budget would be blown. This is not the case with these recipes. I love the idea of creating bases in bulk to have on hand and add to for variety, all year long. The bases are very simple ingredients and affordable. This is definitely something I can incorporate into a healthy lifestyle change, while enjoying the food. I am in the process of clearing out what food I do have- so I can dive full fledged into this way of cooking/eating. Love the pictures, the recipes, the concept! So happy I found this at my local library, and came on here to order with prime the next day. 2 of 2 people found the following review helpful. Excellent book with wonderful ways to get more veggies into ...By CustomerExcellent book with wonderful ways to get more veggies into the kids and husband. I love it and the recipes are wonderful.

The New York Times bestselling author of *The Sneaky Chef* brings us the next trend in healthy eating with delicious and easy recipes whipped up with nutrient-dense purees to create leaner, cleaner yet ridiculously tasty meals. **BLEND** (blend) NOUN: a combination of different tastes made from superfoods, like blueberries, kale, and broccoli that are packed with disease fighting phytonutrients, fiber, and low in calories. When the New York Times bestselling *Sneaky Chef* took off, Missy Chase Lapine knew parents were finally getting their kids to eat healthy with hidden veggie purees (a.k.a. Blends). What surprised her, though, was that those same parents were using Blends in their own recipes and feeling more energized. Taking her cue from those parents, Missy is on a mission with *Sneaky Blends* to show how anyone can eat healthy without sacrificing taste. Starting off with fifteen signature Base Blends, such as Butternut Squash-Apple, Black Bean-Blueberry-Baby Kale, and Carrot-Sweet Potato, Missy shows you how these nutrient packed blends can kick start your healthy lifestyle. When these blends are added to your favorite recipes or one of Missy's delicious recipes like Zucchini Pasta Piccata, Chai Tea Smoothie Bowl, Cheesy Kale-Basil Soufflé, Meaty Mushroom Bolognese, or 45-Calorie Pumpkin Whoopie Pies, they instantly become healthy. This is healthy eating without deprivation! Missy also has created the Blends Cleanse™, a 3-day Body Reboot that you can tailor to your own lifestyle, giving you a diet do-over and setting you on the path to weight loss. Full of gorgeous color photos and tips and tricks to start blending, this is the only cookbook you will need to detox and transform your overall health while still enjoying delicious meals.

"Sneaky Blends provides mouthwatering options that get those much needed veggies in our diets!" (-Devin Alexander, New York Times bestselling cookbook author and celebrity chef) "Having a lifelong passion for only the freshest and healthiest of ingredients in all my recipes, I know that blending together great ingredients as a basis for cooking will bring spectacular, delicious and healthy results. Missy Chase Lapine has found a new way to bring out all that is good in the foods we eat and feed our families every day. This book will make daily meals healthy, hearty and delicious." (Todd English, celebrity chef, restaurateur, author and television personality) "Missy has been a champion of children's health through her innovative *Sneaky Chef* books – bringing easy ways to add vegetables and other nutritious foods into our kids' diets. Now with *Sneaky Blends*, we adults have a delicious chance to enjoy her signature blends and purees for ourselves! The book is beautiful to browse, and the recipes so delicious, it makes healthy eating a pleasure!" (Elizabeth Pantley, Author of *The No-Cry Picky Eater Solution: Gentle Ways to Encourage Your Child to Eat -- and Eat Healthy*) "With Missy's recipes, we have no excuse for avoiding all the delicious satisfying foods we've all been neglecting. She understands flavors and texture as well as any chef and edits her recipes for a healthy experience." (Daniel Boulud, Chef/Owner, The Dinex Group) "Being in the restaurant business all my adult life, my health and weight has been secondary to my constant pursuit of food perfection. I was asked to try this cleanse and wow, not only fulfilling, interesting combinations of ingredients (as a chef its important), the portion size stopped my hunger and surprisingly my energy went thru the roof" (Anthony Sotto, James Beard winning restaurateur, author and television personality) "The *Sneaky Chef* has done it again! In a world where we seem to have forgotten, "You are what you eat," *Sneaky Blends* gives us the road map to creating nutrient-dense blends that will help anyone feel more energized and be healthier." (Michael Lewis, MD, President and Founder, Brain Health Education and Research Institute) "I have been immersed in the health wellness space for 15 years, on the Fitness, Food Beverages sides. I believe that Missy's blends will trigger a nutritional revolution, by providing wonderful tasty, nutritionally dense food products offering superior accessible nutrition an exceptional delivery system for to all ages." (Mark W Wood, CEO and Founder Wolfpack Hospitality) "Say goodbye to fighting over greens and hello to healthier meals that taste incredible." (Brooke Griffin, author of *Skinny Suppers* and founder of *SkinnyMom.com*) "Sneaky Blends is a game-changer for those of us who know how difficult it is stay healthy when constantly on the go. Not only do these nutrient-packed purees help save precious time in the kitchen, but they also allow you to feel better about eating your favorite comfort foods." (Phoebe Lapine, founder of *FeedMePhoebe.com* and author of *The Wellness Project*) "Sneaky Blends is a versatile guide that will add pizzazz to your dishes and delight your taste buds." (Samantha Heller, Registered Dietitian, Exercise Physiologist, Author: *The Only Cleanse*, Countryman Press.) "Get this book to kick-start your health and transform your body." (Vani Hari, Activist and New York Times Best Selling Author of *The Food Babe Way*) About the Author Missy Chase Lapine is best known as the originator of the successful *Sneaky Chef* series of books, including her flagship New York Times bestseller, *The*

Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite Meals. Missy is also the founder of Sneaky Chef Foods, LLC, a company that develops food products that fit with the Sneaky Chef mission, such as Sneaky Chef No-Nut Butter and pasta sauces made with hidden veggies. Former publisher of Eating Well magazine, Missy lives in Westchester County, New York, with her husband and two daughters. Excerpt. © Reprinted by permission. All rights reserved. Sneaky Blends Chapter 1: Prep EVERYTHING YOU NEED TO START BLENDING