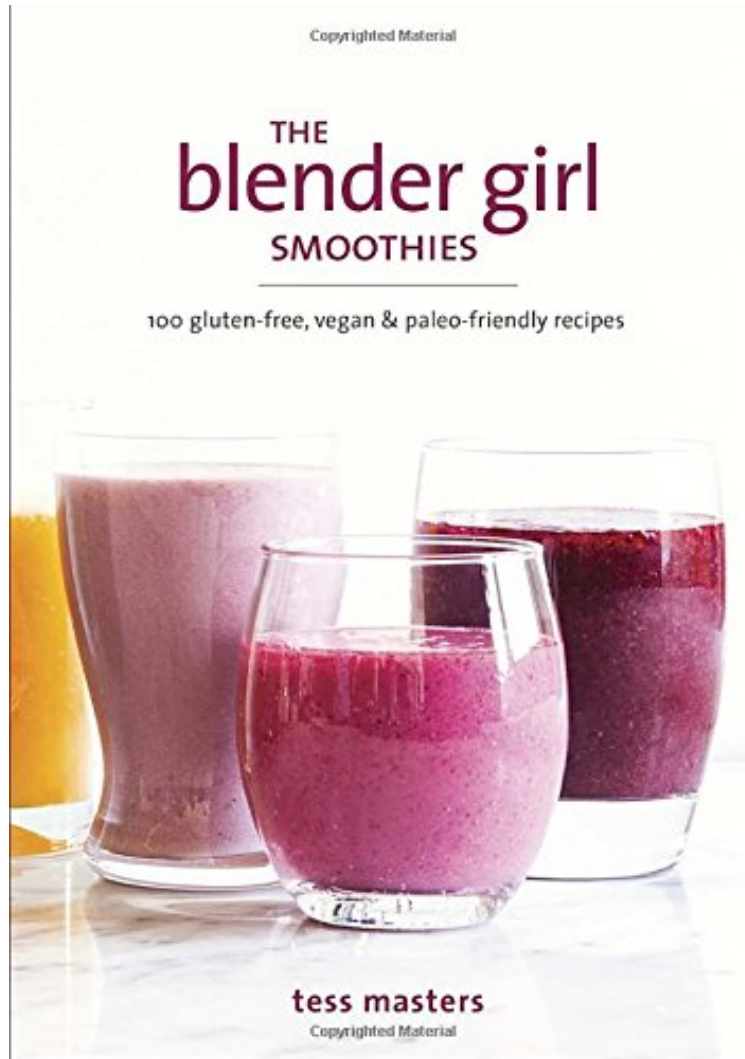


The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes

Tess Masters

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Tess Masters : The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes before purchasing it in order to gage whether or not it would be worth my time, and all praised The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes:

23 of 23 people found the following review helpful. Best Smoothie Book EVER!By CustomerThat'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"; "avo and

cuke cooler"; "pecan pie"; "brownie batter"...have just "upped the ante" and I've not even had your book in my kitchen for a week yet! What prompted me to finally sit down and write this review was, believe it or not, your "choc-orange-nana"! It tastes EXACTLY like the chocolate mousse I used to make and it's so much healthier! By the way, thank you for including the section on complementary flavors. Girl, I am worshiping at your altar! 18 of 19 people found the following review helpful. I Found My Perfect Smoothie !!!By WendiWow !! 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!! 1 of 1 people found the following review helpful. great blender recipesBy Angelina MattiodaThere 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.

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.

"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 – sweet to savory to spicy." —Linda Kissam, *Examiner* About the Author 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. Excerpt. © Reprinted by permission. All rights reserved. Six steps to spectacular smoothies A basic smoothie contains three essential components: liquid, base, and the chill factor (ice, frozen fruit, or chilled liquid). The Pink Cooler (page 18) is a great example of a simple smoothie with just two ingredients. In this blend, watermelon provides the liquid and frozen strawberries combine with the melon to provide the base flavor as well as the chill factor. step 1: start with a liquid A 32-ounce (960ml; 2 servings) smoothie typically requires about 2 cups (480ml) of liquid (choose one type or a combination of types, depending on your other ingredients). If your blend contains high-water-content foods like watermelon, cucumber, orange, or other types of melon, you may need little or no liquid. step 2: choose your base Add 2 to 3 cups (320 to 480g) of base ingredients to the liquid. Your base can be a single flavor or a combination of several ingredients. step 3: get creamy or frosty I think a creamy or frosty texture is a nonnegotiable element of a great smoothie. Select one item (or sometimes two) from the Cream list (page 10) in the quantities specified, then turn to The Smoothie Pantry on page 219 to choose complementary ingredients. If your base ingredients already deliver a creamy or frosty texture (for example, banana, mashed vegetables, or frozen fruits), you may not need to add anything from the Cream list. step 4: go green For maximum nutrition and to alkalize blends, I highly recommend adding some leafy greens. The greens section of The Smoothie Pantry will help you incorporate these with great success. steps 5 and 6: boost your nutrition and add the magic Boosters and what I call magic ingredients are optional, but they really increase the nutritional profile of any smoothie and amp up the wow factor. You could pick several items each from the Boosters and Magic lists (page 11) and get incredible results. Again, use

The Smoothie Pantry as a guide for pairing flavors. Once you've tried the recipes in this book, and used the boosters and magic ingredients suggested, I bet they'll become must-haves for you, too. After all, these aren't six steps to basic smoothies—they're six steps to spectacular smoothies.