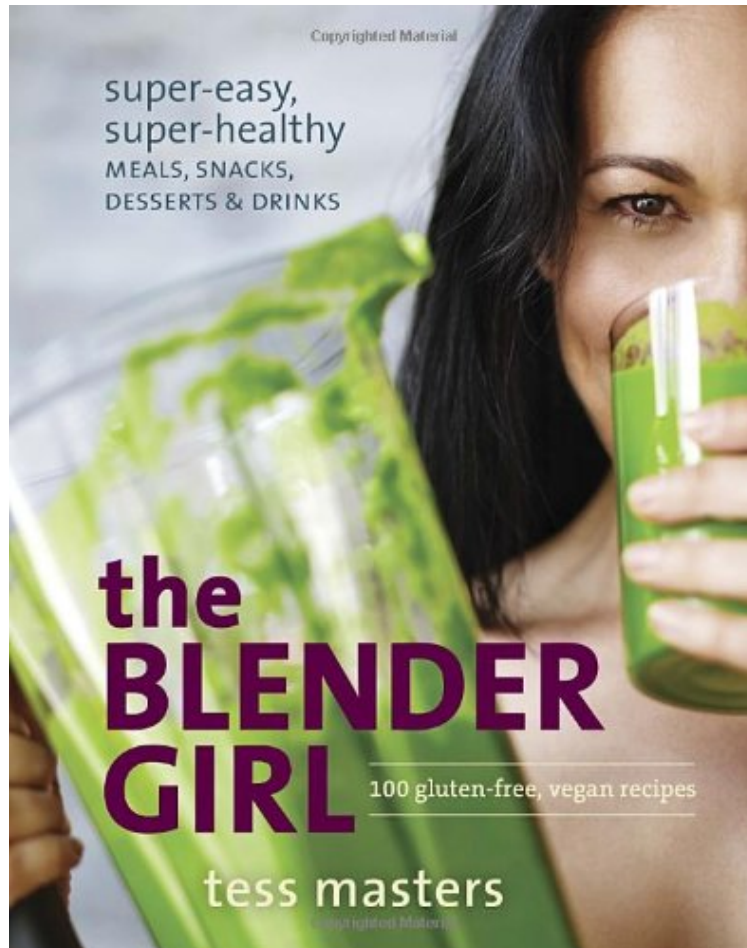


(Library ebook) The Blender Girl: Super-Easy, Super-Healthy Meals, Snacks, Desserts, and Drinks--100 Gluten-Free, Vegan Recipes!

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

Tess Masters

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Tess Masters : The Blender Girl: Super-Easy, Super-Healthy Meals, Snacks, Desserts, and Drinks--100 Gluten-Free, Vegan Recipes! before purchasing it in order to gage whether or not it would be worth my time, and all praised The Blender Girl: Super-Easy, Super-Healthy Meals, Snacks, Desserts, and Drinks--100 Gluten-Free, Vegan Recipes!:

275 of 287 people found the following review helpful. PerfectionBy ericwp5I 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 xxxxx107 of 110 people found the following review helpful. "DELICIOUS RECIPES, HEALTHY TIPS, COLORFUL PHOTOS, AND MUCH MORE!"By Author/Reviewer Geri AhearnTess 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! 61 of 62 people found the following review helpful. Book Review: The Blender Girl, by Tess Masters. By Jack D. Gilbert, Jr. Blender Girl, by Tess Masters, is a book of blender based, vegan recipes. Far from just a smoothie book, there are recipes for soups, salad dressings, snacks, main dishes, and desserts. There are some good smoothie recipes, of course, but they are not the highlight as far as I'm concerned. What really makes the book unique is the "how to" sections for everything from sprouting grains to making cheese substitutes. Blender Girl really seems to contain everything one would need to know to adopt a healthy, balanced, vegan diet... which is a lot more difficult than one might think. Of course, for those (like me) who are not interested in a full dietary overhaul, the book still has a lot to offer. I may not sprout my own grains every day, but knowing how to soak cashews to add creaminess to a soup is information I can use. The book is well laid out, and thus I have found it to be a handy reference which I open on a nearly daily basis, even if I am not actually making one of the recipes. What's good: Aside from all the tips and tricks and dietary information, all of which I have found very useful, some of the recipes are phenomenal! The watermelon gazpacho was absolutely perfect during last week's heat wave. The dream of spinach soup was equally amazing (although I think I will use a little less garlic next time... my piece was especially large). The salad dressings are also excellent. I have not had a chance to try the appetizers or entrées, but I am sure they will not disappoint. What's not so good: I was actually a little disappointed in the smoothies. They are almost all really fruit heavy, with ice as a base. The pineapple salsa smoothie was tasty, as was the fruit curry, but neither of them made much of a meal. I need more than fruit and ice to hold me from 6:00 to snack time. She does have a handy "build your own smoothie" table, and the recipes have provided inspiration for improving my own smoothie making intuition. It is also worth noting that there are plenty of ingredients that will require a trip to Whole Foods. Raw nuts and miso paste are not on my normal grocery list. The book may contain all of the information needed for a food lifestyle change, but that change will come with a hefty price tag and often a time expense too. It may be true that "anyone can make their own nut milk," but I for one do not have the time or cash flow to soak and squeeze \$20 per pound macadamia nuts each morning. Bottom Line: Overall, I would recommend this book for its educational and inspirational value. However, I would approach this with the same mantra with which I implement all attempts at health/diet/life improvement: Something is better than nothing! Blender Girl is really a book advocating an entire way of life, not just a collection of recipes. The reader should be prepared to honestly decide how much of this lifestyle they are able/willing to adopt, and then be okay with that decision. I know that sounds heavy for a cookbook, but this is the health food movement we are talking about. I have found that, no matter how many changes I make to my diet, there is always someone way more extreme just delighted to tell me all the ways I am poisoning myself and thus not living up to my full health potential. That being said, I want to make it clear that Tess Masters is not at all preachy or dictatorial in her tone! She has a wealth of knowledge that can be incredibly useful, as long as the reader doesn't allow it to become overwhelming. Who should read this book: If you want to consume a raw-foods or vegan diet, this book is definitely for you! The novice will gain the necessary know how, and the experienced will get some really tasty recipes. For those who aren't interested in specialty stores or just want to know how to make a decent kale smoothie, this book will likely be more work than you bargained for. For all the rest of us, this can be a

great resource. Just be willing to substitute where necessary and decide how you will compromise to make this work for you. I give this book 4 out of 5 stars.

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.

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