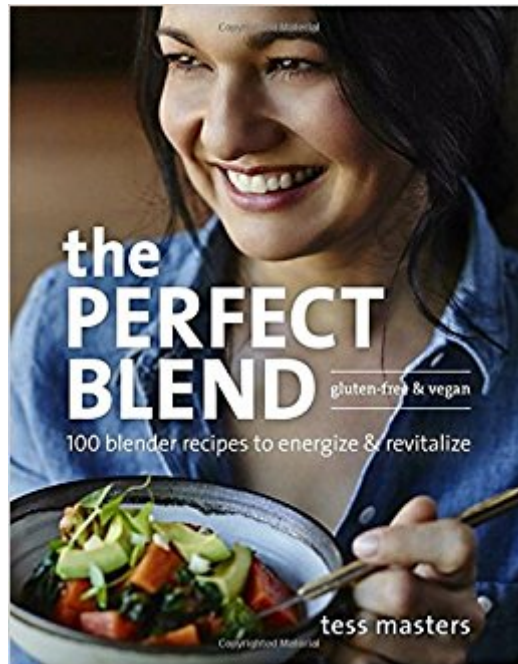




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The Perfect Blend: 100 Blender Recipes To Energize And Revitalize



Synopsis

Online phenomenon The Blender Girl offers up 100 recipes for healthy living with tasty, crowd-pleasing dishes to help boost nutrition. The Perfect Blend functions not only as a cookbook but also as a guide for how to lead a more vibrant and healthy life. Blogging powerhouse Tess Masters lays out a dozen healthy goals for readers, capitalizing on current trends such as gaining energy, boosting immunity, reducing inflammation, detoxing the body, and probiotic power. Then, using her fun, playful voice, Masters offers easy-to-follow recipes for smoothies, elixirs, snacks, salads, sides, soups, mains, and desserts that help get results fast. Including a guide to key ingredients, an extensive resources section, and optional nutritional boosters for each recipe, The Perfect Blend will help readers find their own perfect blend.

Book Information

Paperback: 224 pages

Publisher: Ten Speed Press; 1 edition (December 27, 2016)

Language: English

ISBN-10: 160774645X

ISBN-13: 978-1607746454

Product Dimensions: 7.6 x 0.6 x 9.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 27 customer reviews

Best Sellers Rank: #142,260 in Books (See Top 100 in Books) #28 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #155 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #200 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

“When it comes to nutrition, I hesitate to use the word ‘perfect’. Yet when one book provides recipes for mouthwatering, delicious food that gives your body the nutrition it needs, there’s no better word to use. This truly is the ‘perfect’ blend of what you want and what you need.” Ashley Koff RD, award-winning dietitian “I’m constantly looking for more innovative, fun, and delicious ways to incorporate veggies into my family’s diet, and the incredible recipes in The Perfect Blend give me just that opportunity. Tess’s approach to clean, gluten-free, and dairy-free eating never sacrifices flavor and always maximizes

nutrients. — • — • Danielle Walker, New York Times best-selling author of *Against All Grain* — “The Perfect Blend brilliantly captures the current mood of the wellness world with chapters that focus on alkalizing, detoxing, energizing, and boosting immunity. Tess effortlessly guides and inspires us through recipes that look gorgeous, taste amazing, and hit every flavor note. They are refreshingly approachable and perfect for everyday nourishment. — • Amy Chaplin, James Beard award-winning author of *At Home in the Whole Food Kitchen* “Masters’s latest book proves the blender is still the tabletop appliance that can do all — • and — we’re not just talking about smoothies (though we can’t wait to make that avocado daiquiri). You’ll learn how to use it for heartier fare like cauliflower-based Tricked-Up Tabouli and a handful of — vegan cheeses.” — • Abby Reisner, *Tasting Table*

Tess Masters is an actor, cook, lifestyle personality, and author of *The Blender Girl*, *The Perfect Blend*, *The Detox Dynamo Cleanse*, and *The Blender Girl Smoothies* app and book. She shares her enthusiasm for healthy living at theblendergirl.com. — — In high demand as a spokesperson, presenter, and recipe developer, Tess collaborates with leading food and lifestyle brands. She and her healthy fast food have been featured in the *L.A. Times*, *Washington Post*, *InStyle*, *Real Simple*, *Prevention*, *Family Circle*, *Vegetarian Times*, *FootNetwork.com*, *Shape.com*, *Glamour.com*, *Yahoo.com*, *Parents.com*, among other publications around the world. — — Away from the blender, Tess enjoys a diverse performance career. She has toured internationally with acclaimed theater productions, worked in film and TV, and lent her voice to commercial campaigns, audiobooks, and popular videogame characters. — — She lives in Los Angeles with her partner, Scott Brick.

I got my book today and I LOVE it! Congratulations Tess on a book well done:) A wealth of information - easy to make recipes - a true treasure to own!!!

Love the book!

Great recipes

Tess Masters did it again! Love all the recipes and they are super simple to make with every day ingredients!

Tess Masters does it again! Each recipe is delicious and makes you feel wonderful since you are eating healthy. It seems this winter everyone has been getting sick except me. The daily recipes I use in this book have kept me feeling great and illness free. Thanks Tess!

Sooooo good! I found Tess by accident on Pinterest and was intrigued. I've ordered her books including this one and love every recipe I try. It's so wonderful to find cookbook that fit a busy lifestyle with health, with enough recipes for those wonderful slow days you're home and want to cook. My pantry just got so much simpler and healthier.

Awesome, awesome and more awesome recipes!!

Another Blender Girl book for my collection! I love it! Tess Masters is genius at creating, simple, delicious vegan and superfood recipes that satisfy the appetites and tastebuds of ALL eaters. I love how this cookbook is sorted into health goals - Energy, Immunity, Detox, Ant-Inflammatory, Probiotic Promoting, etc. Favorite recipes include Sesame Soba, Sweet Potato and Macadamia Magic, a vegan version of my favorite Mexican drink, Horchata and, of course, Life Changing Chocolate Pudding (I've got a sweet tooth!) Since I am a Vitamix heavy user - all Tess's cookbooks are in heavy use, as is her smoothie app, and web site. If you want to be well-fed and healthy, I highly recommend you get hooked on the Blender Girl, too!

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