



 Get Print Book

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

By Tess Masters



Download



Read Online

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

A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional additions 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.



[Download The Blender Girl Smoothies: 100 Gluten-Free, Vegan ...pdf](#)



[Read Online The Blender Girl Smoothies: 100 Gluten-Free, Veg ...pdf](#)

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

By Tess Masters

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

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.

The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters
Bibliography

- Sales Rank: #41728 in Books
- Brand: imusti
- Published on: 2015-06-30
- Released on: 2015-06-30
- Original language: English
- Number of items: 1
- Dimensions: 8.47" h x .69" w x 6.08" l, .0 pounds
- Binding: Paperback
- 256 pages

 [Download The Blender Girl Smoothies: 100 Gluten-Free, Vegan ...pdf](#)

 [Read Online The Blender Girl Smoothies: 100 Gluten-Free, Veg ...pdf](#)

Download and Read Free Online The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters

Editorial Review

Review

“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.

Users Review

From reader reviews:

Doris Edwards:

What do you in relation to book? It is not important to you? Or just adding material when you really need something to explain what the one you have problem? How about your spare time? Or are you busy man or woman? If you don't have spare time to complete others business, it is give you a sense of feeling bored faster. And you have extra time? What did you do? Every individual has many questions above. They need to answer that question since just their can do that. It said that about guide. Book is familiar on every person. Yes, it is correct. Because start from on pre-school until university need that The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes to read.

Paul Butler:

The e-book with title The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes contains a lot of information that you can find out it. You can get a lot of advantage after read this book. This particular book exist new information the information that exist in this guide represented the condition of the world now. That is important to yo7u to know how the improvement of the world. This specific book will bring you within new era of the the positive effect. You can read the e-book on your own smart phone, so you can read this anywhere you want.

Luis Herrick:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them household or their friend. Do you realize? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. In order to try to find a new activity here is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a guide. The book The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. When you did not have enough space to bring this book you can buy typically the e-book. You can m0ore very easily to read this book from your smart phone. The price is not too costly but this book provides high quality.

Daryl Radford:

Reading can called brain hangout, why? Because if you are reading a book specifically book entitled The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes the mind will drift away trough every dimension, wandering in every single aspect that maybe not known for but surely will end up your mind friends. Imaging just about every word written in a publication then become one web form conclusion and explanation which maybe you never get previous to. The The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes giving you another experience more than blown away your thoughts but also giving you useful facts for your better life with this era. So now let us explain to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

**Download and Read Online The Blender Girl Smoothies: 100
Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters
#LIOE3ZQN9V4**

Read The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters for online ebook

The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters books to read online.

Online The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters ebook PDF download

The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters Doc

The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters Mobipocket

The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes By Tess Masters EPub