



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

By Tess Masters

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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.

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Bibliography

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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.

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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:

Luis Acosta:

Information is provisions for people to get better life, information nowadays can get by anyone from everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider when those information which is inside the former life are challenging to be find than now is taking seriously which one is acceptable to believe or which one often the resource are convinced. If you obtain the unstable resource then you obtain it as your main information you will have huge disadvantage for you. All those possibilities will not happen in you if you take *The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes* as the daily resource information.

Lauren Joseph:

This book untitled *The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes* to be one of several books that will best seller in this year, this is because when you read this e-book you can get a lot of benefit upon it. You will easily to buy that book in the book retail store or you can order it by using online. The publisher with this book sells the e-book too. It makes you quickly to read this book, as you can read this book in your Mobile phone. So there is no reason to your account to past this publication from your list.

Nannie Hand:

The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes can be one of your basic books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes nevertheless doesn't forget the main position, giving the reader the hottest as well as based confirm resource data that maybe you can be one of it. This great information may drawn you into fresh stage of crucial imagining.

Micheal Mata:

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