



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:

Linda Guyette:

The ability that you get from The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes could be the more deep you looking the information that hide inside words the more you get serious about reading it. It does not mean that this book is hard to understand but The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes giving you buzz feeling of reading. The writer conveys their point in specific way that can be understood by means of anyone who read the idea because the author of this reserve is well-known enough. This particular book also makes your own vocabulary increase well. Making it easy to understand then can go along, both in printed or e-book style are available. We recommend you for having this particular The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes instantly.

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maybe will shock your previous knowledge. This book is handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed ones. Beside that this The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes giving you an enormous of experience for example rich vocabulary, giving you trial run of critical thinking that we understand it useful in your day activity. So , let's have it and luxuriate in reading.

Brandy Brobst:

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James Ritchey:

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