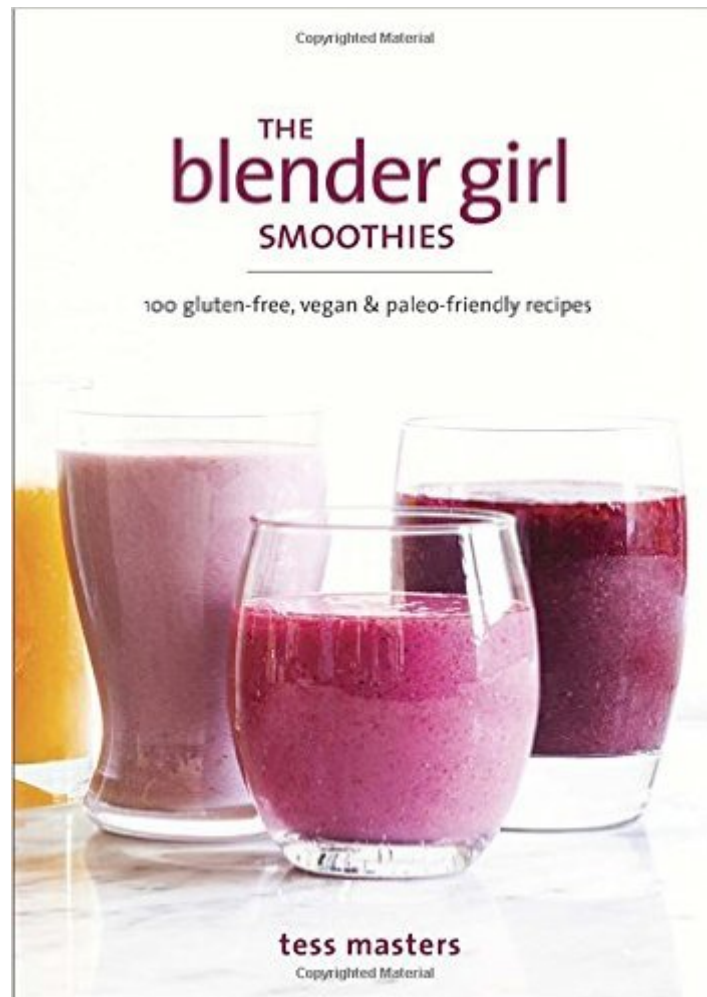


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# The Blender Girl Smoothies: 100 Gluten-Free, Vegan, And Paleo-Friendly Recipes



## Synopsis

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.

## Book Information

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## Customer Reviews

A good choice for smoothie beginners. In the beginning of the book is some useful info on ingredients and how to select and store them, how to properly add these items, and potential substitutions. The middle section includes about 100 recipes (all with pictures) and the nutritional value of each. The recipes are easy, although some ingredients are hard to find in more rural areas. A few recipes also add sweetener (although these are natural ones). There's more helpful info at the end too. Net Galley Feedback

I love this book so much! The recipes are divine, and perfect for smoothie newbies to blending experts. If you're wanting to get healthier in a flavorful way then this is your book. Each one shows the healthy benefits that come with drinking it like energizing, detoxing, weight-loss, etc. This is an excellent gift for anyone with a blender too. Smoothies for days! Love it!

Wow !! What a fabulous cookbook (or should I say blendbook)..... everything smoothies (I might be in heaven) !!! This book is like an encyclopedia of all things blended !! I absolutely love the layout.... fabulous pictures, easy guide to find what you want, and simple instructions. Tess Masters is a smoothie goddess!!

That's it! I can't wait anymore to review this book. Tess Masters, you are AMAZING! Each blend I've tried thus far has been surprisingly and wonderfully delicious. I was already a fan of your "tastes-like-ice-cream-kale" and your "raspberry-lemon cheesecake" and so many others from The Blender Girl Cookbook, and now these recipes: "appcelerade"; "avo and cuke cooler"; "pecan pie"; "brownie batter"...have just "upped the ante" and I've not even had your book in my kitchen for a week yet! What prompted me to finally sit down and write this review was, believe it or not, your "choc-orange-nana"! It tastes EXACTLY like the chocolate mousse I used to make and it's so much healthier! By the way, thank you for including the section on complementary flavors. Girl, I am worshiping at your altar!

I'm constantly on the lookout to add new smoothies to my growing book and I've found a treasure trove in The Blender Girl Smoothies! While, worn my dietary restrictions, I can't use all of these I've found more than enough to keep my daughter and I happy and healthy with new tastes for quite some time! I do think my favorite parts of the book though are the full explanations on how to mix smoothies, the benefits of each ingredient, and Ms. Master's excitement for each recipe.

Rosemary Melonade is for inflammation, detox, weight loss, and unsweetened. Melon provides hydration, vitamin C, and lycopenes (anti-inflammatory). Rosemary not only adds a nice flavor but provides antibacterial backup. The result is a refreshingly light smoothie with just the right amount of natural sweetness from the melon. Rating: 4/5  
Green Mojito is for inflammation, immunity, weight loss, detox, and unsweetened. The pineapple provides bromelian to help suppress coughs and loosen mucus. Mint helps clear respiratory congestion, soothes sore throats, and alleviates nausea.

Lime provides vitamin C for antibiotic power. Kale and pineapple provide anti-inflammatories for arthritis. Ginger provides an immunity boost and aids in digestion. The smoothie itself has wonderful aromatics from the pineapple, mint, and ginger. It is refreshing with pineapple undertones to provide the right amount of natural sweetness. Rating: 5/5

Pomegranate Slam It! is for inflammation, immunity, detox, alkaline, and unsweetened. Pomegranate helps to lower blood pressure, keep arteries supple, decrease inflammation in blood vessels, and manage cholesterol. It also contains phenolic antioxidants to help with oxidative stress. It has a balanced sweet and tart flavor. The combination of fruits and vegetables make the smoothie taste like biting into a fresh, sweet tomato. Rating: 5/5

Spicy Gazpacho Grab is for inflammation, detox, weight loss, alkaline, and unsweetened. For men, the lutein (from avocados) combined with lycopene (from tomatoes) provide prostate-cancer prevention. This savory smoothie is surprisingly delicious! The savory soup flavor has the perfect balance of flavors. Rating: 5/5

Raspberry-Lemon Cheesecake is protein rich, contains nuts, and energizing. Pomegranates provide antioxidants. If you're craving a guilty pleasure without feeling guilty afterwards, this is the smoothie for you. It is really creamy with the bright sweetness of raspberries. Rating: 5/5

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