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# The Ultimate Blender Cookbook: Fast, Healthy Recipes For Every Meal



## Synopsis

You'll be amazed at what your blender can do for you! Blenders are the "it" accessory, mostly because smoothies are healthy and quick. Sure, but did you know you can also whiz up a mean burgerâsalmon, veggie, turkey, even beefâin a blender? Your blender is that good! Brownies, pancakes, slaws . . . there are so many things you can make easily and quickly. Not only that, but blending offers the perfect opportunity to sneak in some extra nutrition: Black beans in your chocolate cake? Carrots in your tomato sauce? Or a quick pulse of cauliflower that can stand in for cream in sauces and soups? A handy chart suggests ways to boost nutrition in recipes that you and your family will embrace. If a high-performance blender is already on your counter, this book is its obvious companion. Save money, eat healthier, and get dinner on the table in a jiffy with The Ultimate Blender Cookbook. 100 full color photographs

## Book Information

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## Customer Reviews

The 21st century blender is no longer just a smoothie maker, in The Ultimate Blender Cookbook, Ms. French provides many unique, healthful and easy recipes for everything from soup to nuts (quite literally in fact, nut milks and nut butters) and everything in between. You will also find many vegetarian, vegan and gluten free recipes that would please anyone with taste buds. The introduction is also quite informative--it features a pantry list, tips about other handy tools in the kitchen and some background information on the process of blending. Some of my favorite recipes are the Tarragon Chicken, Butternut Squash and Quinoa Burgers and Zucchini Apple Muffins. I can't wait to make the Mushroom Pate and Gluten Free Brownies!If you've made an investment in a high tech blender, you owe it to yourself to make the best use of it. With the tips and recipes

featured in *The Ultimate Blender Cookbook*, you and your family will reap the rewards with streamlined meal prep and happy bellies.

I was given this book as a gift and at first I thought jeez, do I really need a book telling me how to use my blender? The answer is, yes, I do. This book really shows you how much more you could be utilizing your blender rather than just allowing it to collect dust like I have been doing. The recipes are really lovely, fresh and inspiring. The photos are beautiful. I want to make everything in the book and plan on making the pancakes Christmas morning. I think this book may become a staple in my kitchen. It's also been inspiring to my seven year old who I've been trying to get interested in cooking.

This is a great cookbook to start the New year off with. Many of the recipes are healthy and easy to make, with a focus on simplicity and good flavor. One of my favorites is the "Autumn Squash and Pear Soup." The Blue Cheese Dip is really quite good and love the Carrot Parsnip Puree. I could go on and on... just be sure to add this book to your collection!

love this book ,finally the kind of book I was really looking for. I have a nice dash blender that does what a high speed blender does but did not come with a cookbook. Great book, very pleased with it. Was well worth what I paid for it

I love Rebecca's book! It covers so much from soup to nuts. It's turned my blender into a kitchen tool beyond the obvious and ordinary. It's made cooking a meal so much easier without all the fuss while simultaneously mixing ingredients I wouldn't have otherwise thought of. My family loved The Two-Bite Raspberry Financiers and the Hearty Kale and Potato soup. They were absolutely delicious. It also has so many healthy recipes that are vegetarian, vegan and gluten free. Nothing is complicated. Easy to understand and well written. I can't wait to try the Spinach Pesto Sauce with Rigatoni and the Vietnamese-Style Summer Rolls with Peanut Dipping Sauce. Weather it's breakfast, lunch, dinner or a snack Ffrench has so many diverse choices along with beautiful photographs. You'll never think of your blender in the same way after buying this book.

Who knew my stuffy old blender was so magical?! *The Ultimate Blender Cookbook* has quickly become my go-to cookbook and has made my blender my new favorite kitchen appliance. Yummy dips for entertaining, the mango dip is my favorite, and that kale potato soup... Wow, my husband

and my son asked for second servings. Easy, healthy recipes for every meal. This author knows flavor!

This book has real appeal for the serious home chef, as well as for chefs who teach. Daring home chefs looking for authenticity and to cut household budgets will appreciate recipes from how to make nut milks to a stunning variety of nut butters. Culinary teachers will appreciate the inventive nutritional sneaks that Ffrench adds to standards (like brownies) and delightful, airy photos by Lanier. I love my blender, but love it more now.

I recently received this book as a holiday gift. I also own Rebecca Miller Ffrench's other cookbook, "Sweet Home," which I adore. Both of these cookbooks are beautiful to look at, and with great recipes. Mostly, I appreciate Ms. Ffrench's philosophy of using whole ingredients and making healthy meals in an easy, celebratory way with loved ones at home. She knows that cooking connects us to them. Also, I recently began having a healthy shake for breakfast, so it's fun to have a few more recipes for this. And, I'm looking forward to trying the pork recipe with my teenage son. By the way, I have a Ninja Blender which I like very much, and I expect is up to the tasks these recipes inspire.

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