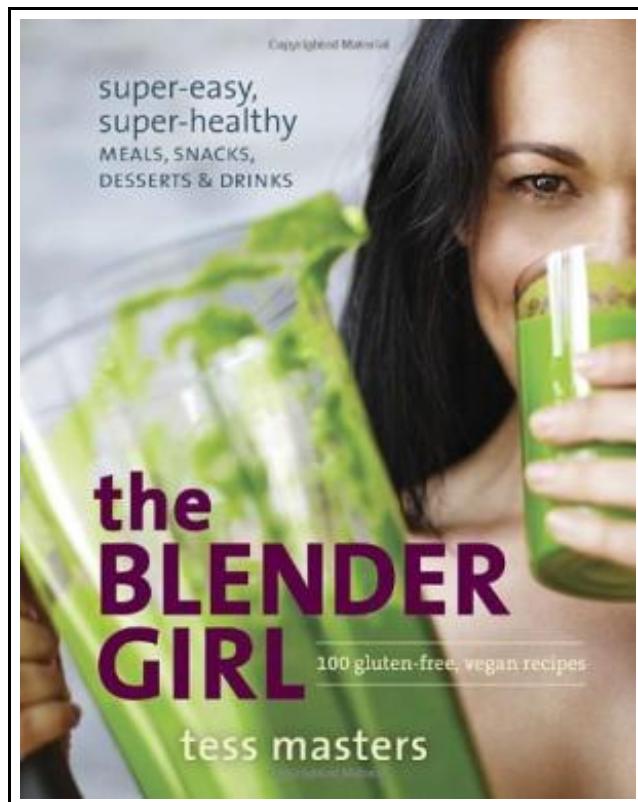


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Ten Speed Press. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 9.4in. x 7.5in. x 0.8in. The debut cookbook from the powerhouse blogger behind [theblendergirl.com](http://theblendergirl.com), featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Mastersaka, The Blender Girl shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In *The Blender Girl*, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice-Cream Kale, anyone's actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether; these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with *The Blender Girl*; all you need is a blender and a sense of...



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