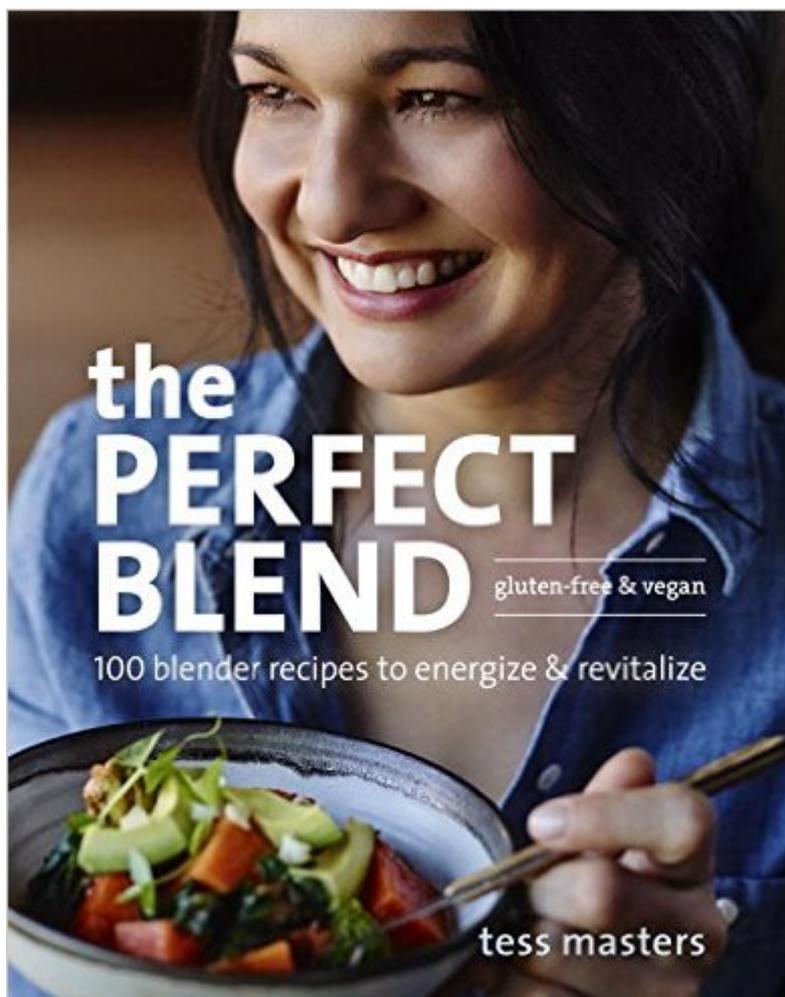


The book was found

# The Perfect Blend: 100 Blender Recipes To Energize And Revitalize



## Synopsis

Online phenomenon The Blender Girl offers up 100 recipes for healthy living with tasty, crowd-pleasing dishes to help boost nutrition. The Perfect Blend functions not only as a cookbook but also as a guide for how to lead a more vibrant and healthy life. Blogging powerhouse Tess Masters lays out a dozen healthy goals for readers, capitalizing on current trends such as gaining energy, boosting immunity, reducing inflammation, detoxing the body, and probiotic power. Then, using her fun, playful voice, Masters offers easy-to-follow recipes for smoothies, elixirs, snacks, salads, sides, soups, mains, and desserts that help get results fast. Including a guide to key ingredients, an extensive resources section, and optional nutritional boosters for each recipe, The Perfect Blend will help readers find their own perfect blend.

## Book Information

Paperback: 224 pages

Publisher: Ten Speed Press (December 27, 2016)

Language: English

ISBN-10: 160774645X

ISBN-13: 978-1607746454

Product Dimensions: 7.5 x 0.7 x 9.5 inches

Shipping Weight: 13 ounces (View shipping rates and policies)

Best Sellers Rank: #23,652 in Books (See Top 100 in Books) #8 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #48 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #119 in Books > Cookbooks, Food & Wine > Beverages & Wine

[Download to continue reading...](#)

The Perfect Blend: 100 Blender Recipes to Energize and Revitalize Juice It, Blend It, Live It: Over 50 Easy Recipes to Energize, Detox, and Nourish Your Mind and Body Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These Amazing, Delicious, Quick and Easy Recipes Complete Vitamix Blender Cookbook:: Over 350 All-Natural Recipes For Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, ... More (Vitamix Blender Recipes) (Volume 1) Blender Recipe Cookbook: Healthy Smoothie, Soup and Dessert Recipes for your High Speed Blender Ninja Blender Cookbook: Fast, Healthy Blender Recipes for Soups, Sauces, Smoothies, Dips, and More Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender Aroma Rice Cooker Cookbook: 50 Top Rated Aroma Rice Cooker

Recipes-Tasty Meals With The Perfect Blend Of Grains And Veggies Blender 3D For Beginners:  
The Complete Guide: The Complete Beginner's Guide to Getting Started with Navigating, Modeling,  
Animating, Texturing, Lighting, Compositing and Rendering within Blender. The High Speed Blender  
Cookbook: How to get the best out of your multi-purpose power blender, from smoothies to soups  
The Perfect Blend: Seriously Fun Vocal Warm Ups Smoothies for Diabetics: Over 100 Quick & Easy  
Gluten Free Low Cholesterol Whole Foods Blender Recipes full of Antioxidants & Phytochemicals  
(Natural Weight Loss Transformation) (Volume 100) Smoothies For Kids: 80+ Recipes, Whole  
Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies  
for Weight ... loss - detox smoothie recipes) (Volume 40) Smoothies for Diabetics: 85+ Recipes of  
Blender Recipes: Diabetic & Sugar-Free Cooking, Heart Healthy Cooking, Detox Cleanse Diet,  
Smoothies for ... loss-detox smoothie recipes) (Volume 54) The Healthy Green Drink Diet: Advice  
and Recipes to Energize, Alkalize, Lose Weight, and Feel Great Juice. Blend. Taste.: 150+ Recipes  
By Experts From Around the World The Blender Girl: Super-Easy, Super-Healthy Meals, Snacks,  
Desserts, and Drinks--100 Gluten-Free, Vegan Recipes! The Blender Girl Smoothies: 100  
Gluten-Free, Vegan, and Paleo-Friendly Recipes Self-Healing with Sound and Music: Revitalize  
Your Body and Mind with Proven Sound-Healing Tools Toxic Work: How to Overcome Stress,  
Overload, and Burnout and Revitalize Your Career

[Dmca](#)