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The Perfect Blend: 100 Blender Recipes to Energize and Revitalize

Tess Masters

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The Perfect Blend: 100 Blender Recipes to Energize and Revitalize Tess Masters
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.

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