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The Blender Girl  
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Random House was one of 3 finalists for best app of the year in 2014. This popular smoothies app contains 100 delicious smoothie recipes for weight loss, energy, immunity, detox, protein, inflammation, alkalinity, and more. The app also includes a full smoothie-making glossary and a unique search feature.

**The Blender Girl**  
*Page 7/26*

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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.



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Based on the The  
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app, this popular  
smoothies book  
(published by Ten  
Speed Press) has 100  
smoothie recipes for  
weight loss, energy,  
immunity, detox,  
protein, inflammation,  
alkalinity, and more.

There is also a

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smoothie glossary and  
smoothie-making chart  
to make your own  
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delicious recipes are designed to fit your e A beautiful collection of vegan smoothies from powerhouse blogger The Blender Girl, featuring photographs, flavor boosters, and nutritional add-ons for every recipe.

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A beautiful collection of  
vegan smoothies from  
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featuring photographs,  
flavor boosters, and  
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every recipe. The  
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smoothies to the next  
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comprehensive guide,  
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### **The Blender Girl Smoothies: 100 Gluten-Free, Vegan & Paleo ...**

100 Vegan Gluten-Free  
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Recipes. The Blender Girl cookbook contains a full repertoire of vegan smoothies, cocktails, soups, and spreads that you would expect to find in a blender cookbook. Awesome Vegan Smoothies & Drinks. The most popular smoothies, cocktails, and drinks include: Tastes-Like-Ice-Cream Kale smoothie; Apple Pie In A Glass

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snacks, desserts,  
sauces and meals. It is

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Breakfast Recipes

also a wealth of information of how she began to be the Blender Girl as well as what foods to combine, super foods, and even how to get milk from nuts which was interesting.

### **The Blender Girl: Super-Easy, Super- Healthy Meals, Snacks ...**

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## **The Blender Girl Smoothies by Tess Masters:**

**9781607748939 ...**

Not only is tess the force behind The Blender Girl website, The Blender Girl cookbook, and The Blender Girl Smoothies app, but her second cookbook, The Blender Girl Smoothies, was just released on June 30th. It's packed with 100 creative smoothie



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recipes including a  
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**The Blender Girl's  
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