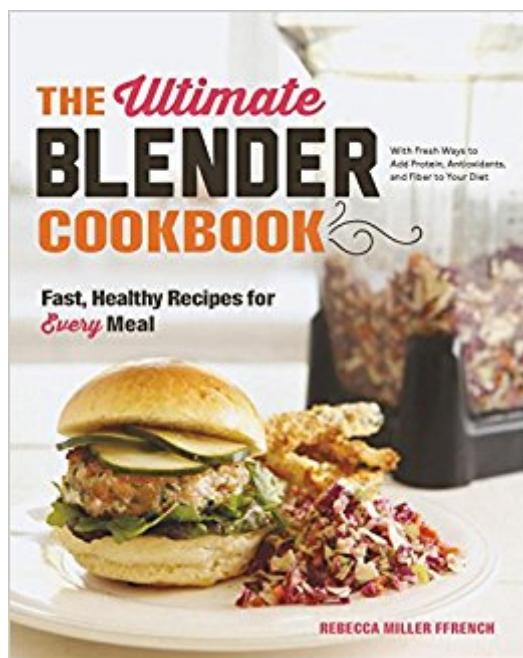


The book was found

# 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

â œThe Ultimate Blender Cookbook opened my eyes to whole new world of healthy recipes I can make using my favorite kitchen tool.â • - Catherine McCord, author of *Weelicious: 140 Fast, Fresh and Easy Recipes*â œRebecca Miller Ffrench is reintroducing us to an old kitchen friend--the trusty blender--and invites us to think of it not just as an occasional appliance, but as a quintessential tool.â • - Eve O. Schaub, author of *Year with No Sugar*â œWho knew that the secret to happy, wholesome meals could be yours at the press of a button?â • - Jenny Rosenstrach, best-selling author of *Dinner: The Playbook*â œRebecca is like a kitchen ninja wielding a secret tool that transforms recipes for everything from homemade nut butters to mouthwatering soups, amazing

burgers to irresistibly fudgy brownies into practically one step--except the tool is one we already own. Genius. - Stacie Billis, founder of OneHungryMama.com

Rebecca Miller Ffrench is a recipe developer, food writer and lifestyle expert. Her work has appeared in national publications such as Better Homes & Gardens, Shape, Real Simple Family and Martha Stewart Weddings. She is a regular contributor to babycenter.com and has appeared on Good Morning America, The Today Show, and elsewhere. Passionate about natural foods, Ffrench cooks up healthful meals for her family everyday, whether they are in New York City or their home in the Catskills, where they try to spend as much time as possible.

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

A few good recipes, but too preachy and limited to a specific set of ingredients.

Returned for refund--index not usable in Kindle edition. I will order the hard copy instead.

Immediately tried some recipes and loved them.

nice recipes

This cookbook has a lot of great recipes. We have a Blendtec blender and this book keeps it full

I love this cookbook. The cover says it all: the blender is about so much more than just smoothies! Pictures are beautiful, recipes tested and tasty, and it's fun to cook your way through this book. Every time I use it, I know my meals are healthier. Brava!

Very practical. Much more user friendly for the common household.

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Smoothies, ... Protein Shake Diet, Green Smoothie)

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