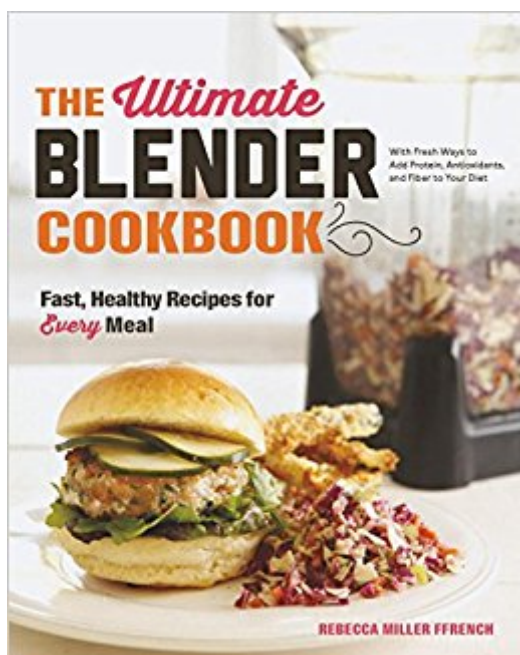


The book was found

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

Hardcover: 232 pages

Publisher: Countryman Press; 1 edition (January 5, 2015)

Language: English

ISBN-10: 1581572956

ISBN-13: 978-1581572957

Product Dimensions: 8.4 x 0.9 x 10.3 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 32 customer reviews

Best Sellers Rank: #141,687 in Books (See Top 100 in Books) #32 inÂ Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #2425 inÂ Books > Cookbooks, Food & Wine > Special Diet

Customer Reviews

âœThe Ultimate Blender Cookbook opened my eyes to whole new world of healthy recipes I can make using my favorite kitchen tool.Â â• - Catherine McCord, author of *Weelicious: 140 Fast, Fresh and Easy Recipes*âœRebecca Miller French 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 â• - Eve O. Schaub, author of *Year with No Sugar*âœWho 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*âœRebecca 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.Â â • - Stacie Billis, founder of OneHungryMama.com

Rebecca Miller FfrenchÂ is a recipe developer, food writer and lifestyle expert. Her work has appeared in national publications such asÂ Better Homes & Gardens,Â Shape,Â Real Simple FamilyÂ andÂ Martha Stewart Weddings.Â She is a regular contributor toÂ babycenter.comÂ and has appeared onÂ Good Morning America, The Better Show,Â 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.

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

Ninja Blender Recipe Book: Lose Weight And Shred The Pounds Fast With These Delicious And Healthy Ninja Blender Recipe Book Recipes You Can Make ... Recipes, Ninja Blender Cookbook) (Volume 1) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal

Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) The Ultimate Blender Cookbook: Fast, Healthy Recipes for Every Meal Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) My Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) (Volume 1) Oster Pro Blender Smoothie Book: 101 Superfood Smoothie Recipes for Your 1200, MyBlend, 6811, or Simple Blend Blender! (Oster Blender Recipes) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) Meal Prep: 65+ Meal Prep Recipes Cookbook â “ Step By Step Meal Prepping Guide For Rapid Weight Loss (Free Bonus Included) (Meal Prep, Ketogenic Diet, Low Carb, Ketosis) Gourmet Vitamix Blender Soup Recipes: Get The Most Out Of Your Vitamix Blender With These Amazing, Delicious, Quick and Easy Recipes (VITAMIX RECIPE COOKBOOK, 90+ PAGES, VITAMIX RECIPE BOOK) Meal Prep: The Beginnerâ™s Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Meal Prep: Delicious, Healthy Recipes & Tips (Meal Prep Cookbook, Vegetarian Meals, Breakfast, Chicken, Beef, Pork & Seafood, Meal Prep Tips) Meal Prep: The Ultimate Meal Prep Cookbook-60 Quick and Easy Low Carb Keto Recipes for Clean Eating & Weight Loss (Low Carb Meal Prep Book 4) Meal Prep: 150 Quick and Easy Meal Prep Recipes - The Ultimate Meal Prepping Cookbook For Weight Loss and Clean Eating Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Ninja Blender Recipe Bible: 50+ Delicious Recipes for your High Powered Blender (Ninja Recipes, Ninja Recipe Book, Green Smoothies, Weight Loss

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

Contact Us

DMCA

Privacy

FAQ & Help