

the PERFECT BLEND



tess masters

gluten-free & vegan

blender recipes to boost immunity and detox
the body for a vibrant and healthy life



Zesty, sweet and loaded with nutrients and anti-inflammatory agents, this is my favourite workout drink. The coconut water replenishes electrolytes and the chia ups stamina and endurance. If your mix is frothy, don't be alarmed – the blended-pineapple suds settle with chilling.

glowing green chia

SERVES 2

240 ml (8½ fl oz) raw coconut water or filtered water

44 g (1½ oz) baby spinach

1 English cucumber, roughly chopped (do not peel)

320 g (11 ½ oz) ripe fresh pineapple, diced

1½ tsp finely grated lime zest, plus extra to taste

2 tbsp fresh lime juice, plus extra to taste

⅛ tsp ground turmeric

Pinch of natural salt (see page 139)

Alcohol-free liquid stevia (optional)

1 tbsp chia seeds (black or white), plus extra to taste

optional boosters

1 tbsp plain liquid chlorophyll

1 tbsp pure aloe vera juice

1 tsp wheatgrass powder (see page 171)

Throw all of the ingredients except the chia seeds, but including the boosters, into your blender and blast on high for 30–60 seconds until the ingredients are completely pulverized. Strain with a filtration bag, nut milk bag or fine-mesh sieve, and then whisk in the chia seeds. Transfer to a jar, seal tightly and chill in the fridge for 30–60 minutes. Enjoy cold.

NUTRITIONAL FACTS (PER SERVING)

calories 134 kcal | fat 1.9 g | saturated fat 0.2 g | sodium 174.4 mg | carbs 30.8 g | fibre 5.3 g | sugars 18.7 g | protein 3.4 g | calcium 104.6 mg | iron 2 mg

8 energy





CHAPTER 3

detox





How can you add green powders to smoothies without gagging? Pair with mango, lift with lemon and beat with basil. (Dial up the detox with the cauliflower, seed oil and cayenne boosters.) These cleansing and immunity rock stars turn lemons into tasty lemonade.

it's so easy being green

SERVES 2

480 ml (17 fl oz) raw coconut water or filtered water

1 tsp finely grated lemon zest, plus extra to taste

4 tbsp fresh lemon juice, plus extra to taste

25 g (1 oz) curly green kale leaves, torn (1 or 2 large leaves with stalk removed, ripped into small pieces)

25 g (1 oz) basil leaves, plus extra to taste

1 tsp wheatgrass powder (see page 171)

1 tsp chlorella (see page 39)

½ tsp probiotic powder (see page 154, optional)

480 g (17 oz) frozen mango chunks

optional boosters

30 g (1 oz) frozen raw cauliflower florets

1 tbsp flaxseed oil or chia seed oil

Pinch of cayenne pepper

Throw all of the ingredients into your blender, including the boosters, and blast on high for 30–60 seconds until smooth and creamy. Tweak the lemon zest, lemon juice and basil to taste.

NUTRITIONAL FACTS (PER SERVING)

calories 211 kcal | fat 1.8 g | saturated fat 0.7 g | sodium 260 mg | carbs 48.7 g | fibre 7.3 g | sugars 40.1 g | protein 5.6 g | calcium 126.2 mg | iron 4.8 mg





These baked beauties are scrumptious and are baked instead of deep-fried. Serve in wraps, buffet style, with assorted add-ins and toppings, or just go with gobs of the tahini sauce (which offers health-promoting fat). These are best enjoyed right after they're made, since they dry out if stored.

no-fry falafels

SERVES 4; MAKES 20 BALLS, 245 ML (8½ FL OZ) SAUCE

falafels

260 g (9 oz) cooked chickpeas or 1 (425 g/15 oz) can, rinsed and drained

25 g (1 oz) finely chopped flat-leaf parsley leaves

50 g (1¾ oz) red onion, diced

20 g (¾ oz) salad onion (white and green parts), finely chopped

1 tbsp finely chopped garlic (about 3 cloves)

1 tbsp fresh lemon juice, plus extra to taste

2 tbsp chickpea flour

1 tsp ground cumin

¾ tsp natural salt (see page 139), plus extra to taste

½ tsp ground coriander

¼ tsp apple cider vinegar

¼ tsp Bragg Liquid Aminos, gluten-free soy sauce or tamari

⅛ tsp freshly ground black pepper

Pinch of cayenne pepper, plus extra to taste

1 tbsp extra virgin olive oil

tahini sauce

80 ml (3 fl oz) filtered water

4 tbsp fresh lemon juice, plus extra to taste

120 g (4½ oz) hulled tahini

1 tsp finely chopped garlic (about 1 clove), plus extra to taste

¼ tsp natural salt (see page 139), plus extra to taste

Pinch of freshly ground black pepper, plus extra to taste

to serve

1–2 hearts romaine lettuce, with leaves pulled apart

180 g (6 oz) tomato, deseeded and diced

150 g (5½ oz) Persian or English cucumber, deseeded and diced

160 g (5¾ oz) gherkins, diced

37 g (1¼ oz) red onion, diced

8 g (¼ oz) finely chopped dill

8 g (¼ oz) finely chopped mint

optional boosters

2 tsp deseeded and finely chopped green chilli, plus extra to taste

⅛ tsp ground turmeric

2 tbsp finely chopped coriander

To make the falafels, throw all of the falafel ingredients, except the olive oil but including the chilli and turmeric boosters, into a food processor and pulse for about 30 seconds until well combined. Tweak the lemon juice, salt, cayenne and chilli to taste. Transfer the mixture to a bowl and bring it together with your hands.

Line a baking sheet with kitchen paper (to absorb excess moisture). Using a 1 tablespoon measuring spoon, scoop out portions of the falafel mix and roll them between your hands to form balls. Place on the prepared baking sheet and transfer to the fridge to firm up for about 30 minutes.

To make the tahini sauce, throw those ingredients, including the coriander booster, into your blender and blast on high for 20–30 seconds until smooth and creamy. You may need to stop the machine and scrape down the sides of the container, and you may need to add





1 tablespoon or more of filtered water to get the mixture to blend. Tweak the lemon juice, garlic, salt and pepper to taste. Transfer to a serving bowl.

Preheat the oven to 200°C/400°F/Gas mark 4. Line a baking sheet with baking paper.

Transfer the falafels to the prepared baking sheet in rows 1 cm (½ in) apart. Using your thumb, flatten each ball ever so slightly.

Pour the olive oil into a small bowl and, with a pastry brush, brush the tops of the falafel balls with a generous slather so that the oil runs down the sides and hits the baking sheet. Lift each ball and dip it in the olive oil that has run down so that the bottom is coated as well.

Bake the falafels for 10–15 minutes until the bottoms are slightly browned. Gently flip over each falafel and bake for a further 10–15 minutes until lightly browned. Remove from the oven and allow to cool slightly or completely.

Serve the falafels and tahini dressing buffet style with the romaine leaves, tomato, cucumber, gherkins, onion, dill and mint on the table. To assemble, take a romaine leaf and place 1 or 2 falafels (depending on the size of the leaf) on top. Add the tomato, cucumber, gherkins, onions, dill and mint, and a drizzle of tahini sauce.

NUTRITIONAL FACTS (PER SERVING)

calories 387 kcal | fat 22.3 g | saturated fat 3.1 g | sodium 1137.4 mg | carbs 39 g | fibre 12.3 g | sugars 8.6 g | protein 14.6 g | calcium 264.9 mg | iron 7.2 mg





NEW TITLE INFORMATION



19 January 2017

£16.99

9781911127208

Paperback

241 x 191 mm

224 pages

BICs: WBH - Health & wholefood
cookery WBF - Quick & easy
cooking WBS - Cooking with
specific gadgets

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www.jacquismallpub.com

An imprint of Quarto Publishing Group
UK

THE PERFECT BLEND

BLENDER RECIPES TO BOOST IMMUNITY AND DETOX THE BODY FOR A VIBRANT AND HEALTHY LIFE

By Tess Masters

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 separates her recipes into 12 chapters driven by specific health goals and current trends, including increased energy, protein boosts, anti-inflammation, and probiotic promotion.

Far from simply featuring smoothies or pureed food to be sipped, glugged or scooped up in a spoon, Tess favours recipes that incorporate a blended component, such as appetisers and snacks, quick and easy salads and main meals, as well as staples such as dips, sauces and condiments that can be used to transform foods from bland to brilliant. Tess's versatile and far-reaching collection of recipes includes everything from Greedy Green Curry, Satay Skewers and Tuna Swooner to Classic Cheesecake, Sweet Potato Dip and Thai Smoothies, demonstrating that a quick and healthy dish is only a blend away.

In our increasingly time-constrained lives, the blender makes healthy fast food possible. Tess's playful, easy-to-follow recipes cater to the everyday needs of those who seem to be forever on the go, but who don't want to compromise on nutrition and flavour. All you need is a blender and a sense of adventure, so dust off your machine and get ready to discover your own perfect blend.

Key Points:

- *The Perfect Blend* offers 100 crowd-pleasing, blender incorporated, vegan and gluten-free recipes that are carefully crafted to boost immunity, detox the body, and much more
- Tess's enormously popular blog, *The Blender Girl*, attracts over 650,000 monthly visitors, 10% of which coming from the UK, as well as having nearly 35,000 UK Facebook followers
- Includes an informative and easy-to-follow guide to the unique health properties of each recipe's ingredients, tips for creating your personal blending pantry, and supplementary nutritional boosters for each recipe.
- Having recently signed with KitchenAid, Tess will be in the UK to promote upcoming blenders in 2017 and 2018, as well as being in preliminary talks for a British TV campaign.

Author Information

Australian-born **TESS MASTERS** is a writer, actor, voiceover artist, self-professed blendaholic, and author of *The Blender Girl* cookbook and *The Blender Girl Smoothies*. Now residing in California, Tess collaborates with leading food, culinary and lifestyle brand, including features on her healthy fast food in *Los Angeles Times*, *Washington Post*, *InStyle*, *Real Simple*, *Thrive*, *Vegetarian Times*, *Living Without*, *Allergic Living* and *New Idea*; and online for *Today*, *Prevention*, *Shape*, *Glamour*, *Food Network*, *Parents*, and *Chow*. In high demand as a spokesperson, presenter, and recipe developer, Tess is the global spokesperson for KitchenAid blenders, spokesperson for Suncoast Gold Macadamia Milk, ambassador for Massel bouillon and broth, ambassador for Temple Turmeric, and maintains on-going partnerships with several other brands.