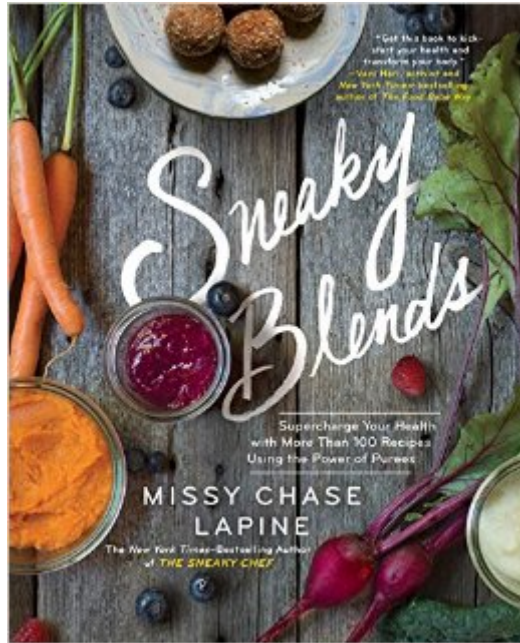


The book was found

Sneaky Blends: Supercharge Your Health With More Than 100 Recipes Using The Power Of Purees



Synopsis

The New York Times bestselling author of *The Sneaky Chef* brings us the next trend in healthy eating with delicious and easy recipes whipped up with nutrient-dense purees to create leaner, cleaner yet ridiculously tasty meals. **BLEND (blend) NOUN:** a combination of different tastes made from superfoods, like blueberries, kale, and broccoli that are packed with disease fighting phytonutrients, fiber, and low in calories. When the New York Times bestselling *Sneaky Chef* took off, Missy Chase Lapine knew parents were finally getting their kids to eat healthy with hidden veggie purees (a.k.a. Blends). What surprised her, though, was that those same parents were using Blends in their own recipes and feeling more energized. Taking her cue from those parents, Missy is on a mission with *Sneaky Blends* to show how anyone can eat healthy without sacrificing taste. Starting off with fifteen signature Base Blends, such as Butternut Squash-Apple, Black Bean-Blueberry-Baby Kale, and Carrot-Sweet Potato, Missy shows you how these nutrient packed blends can kick start your healthy lifestyle. When these blends are added to your favorite recipes or one of Missy's delicious recipes like Zucchini Pasta Piccata, Chai Tea Smoothie Bowl, Cheesy Kale-Basil Soufflé, Meaty Mushroom Bolognese, or 45-Calorie Pumpkin Whoopie Pies, they instantly become healthy. This is healthy eating without deprivation! Missy also has created the Blends Cleanse, a 3-day Body Reboot that you can tailor to your own lifestyle, giving you a diet do-over and setting you on the path to weight loss. Full of gorgeous color photos and tips and tricks to start blending, this is the only cookbook you will need to detox and transform your overall health while still enjoying delicious meals.

Book Information

Paperback: 304 pages

Publisher: North Star Way (September 27, 2016)

Language: English

ISBN-10: 1501130390

ISBN-13: 978-1501130397

Product Dimensions: 7.4 x 0.9 x 9.1 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Best Sellers Rank: #86,508 in Books (See Top 100 in Books) #22 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #87 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies #831 in Books > Health, Fitness & Dieting > Nutrition

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

Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees
Complete Vitamix Blender Cookbook:: Over 350 All-Natural Recipes For Total Health Rejuvenation,
Weight Loss, Detox, Superfood Smoothies, Spice Blends, ... More (Vitamix Blender Recipes)
(Volume 1) Crazy Sexy Juice: 100+ Simple Juice, Smoothie & Nut Milk Recipes to Supercharge
Your Health WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive,
and Become a Power Source Beginning Power BI with Excel 2013: Self-Service Business
Intelligence Using Power Pivot, Power View, Power Query, and Power Map Top 100 Baby Purees
The I Heart Naptime Cookbook: More Than 100 Easy & Delicious Recipes to Make in Less Than
One Hour The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from
Purees to Solids Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power
BI & Power Pivot in Excel 2010-2016 A Super-Sneaky, Double-Crossing, Up, Down, Round &
Round Maze Book The Sneaky Chef: Simple Strategies for Hiding Healthy Foods in Kids' Favorite
Meals The Nancy Drew and the Clue Crew Collection: Sleepover Sleuths; Scream for Ice Cream;
Pony Problems; The Cinderella Ballet Mystery; Case of the Sneaky Snowman 201 Organic Baby
Purees: The Freshest, Most Wholesome Food Your Baby Can Eat! Making the Most of Your Food
Processor: How to Produce Soups, Spreads, Purees, Cakes, Pastries and All Kinds of Savoury
Treats. The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker
Recipes, Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow
Cooker Desserts and more! Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive
Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for
Weight Loss) (Volume 7) You Can't Lie to Me: The Revolutionary Program to Supercharge Your
Inner Lie Detector and Get to the Truth Supercharge Your Sports Performance Juice It!: Energizing
Blends for Today's Juicers The Essential Oils Book: Creating Personal Blends for Mind & Body

[Dmca](#)