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'super simple very green soup the full helping

June 7th, 2020 - 1 tablespoon olive oil 1 white or yellow onion chopped 2 3 cloves garlic minced 2 3 teaspoons minced ginger to taste 2 medium yellow or yukon gold potatoes peeled and roughly chopped about 3 4 1 pound 1 teaspoon salt 4 cups low sodium vegetable broth 2 heaping cups broccoli stems or florets or chopped asparagus chopped baby bok choy or roughly chopped zucchini 4 cups tightly packed'

'the blender girl super easy super healthy

May 24th, 2020 - 1 cup 120g steamed cauliflower florets cooled pletely or an extra banana to save time if you don t have a bit of leftover cauliflower 2 tablespoons cacao powder or unsweetened cocoa powder plus more to taste 2 teaspoons natural vanilla extract 2 tablespoons pure maple syrup plus more to taste''the blender girl super easy super healthy meals snacks

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'8 healthy smoothies made with 3 ingredients buzzfeed

June 7th, 2020 - how to place 1 green apple with skin cored and cut into chunks cup frozen spinach inch piece peeled fresh ginger cut into small pieces and cup water into a blender blend until'

'super easy cream of broccoli soup recipes ww usa

June 6th, 2020 - instructions melt butter in a large nonstick saucepan over low heat add onions and increase heat to medium low cover and cook stirring occasionally until tender about 7 minutes'

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February 28th, 2020 - the blender girl 100 gluten free vegan recipes by tess masters is an unique book of delicious recipes for gluten vegan smoothies snacks desserts sauces and meals it is also a wealth of information of how she began to be the blender girl as well as what foods to bine super foods and even how to get milk from nuts which was interesting'

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May 22nd, 2020 - in the blender girl tess offers healthy whole food concoctions that rely on natural flavors and sweeteners all are gluten free and many are also dairy egg nut soy and corn free'

'*steps to a sensational smoothie the washington post*

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'the blender girl

April 29th, 2020 - the blendaholic is a weekly show hosted by tess masters the blender girl new episodes air every monday each week tess makes a different recipe you can make in your blender smoothies soups'

'au customer reviews the blender girl super

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March 31st, 2020 - tess s lively down to earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food in the blender girl tess s much anticipated debut cookbook she offers'

'6 healthy breakfast smoothies green healthy cooking

June 6th, 2020 - a guide for 6 super easy and simple 5 ingredient breakfast smoothies many healthy breakfast smoothies either require 20 ingredients or are not that healthy at all actually no need to overcomplicate things keep it simple with these amazing smoothie recipes no protein powder required'

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'10 healthy tasty smoothie recipes teen vogue

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'tess masters the blender girl cookbook is about way more

May 6th, 2020 - cookbook the blender girl super easy super healthy meals snacks desserts amp drinks by tess masters overall impression bursting with flavor color and cheerful health tips this prehensive and creative cookbook lands somewhere between health encyclopedia and international gourmet'

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June 6th, 2020 - the blender girl shares easy healthy recipes that are all vegan and gluten free and use whole natural ingredients use your blender to make amazing dishes'

'super simple marinara sauce recipe cookie and kate

June 7th, 2020 - it s super easy to make no chopping required unlike most store bought sauces this marinara is free of added sugar you can load up your pasta with as much of this wholesome sauce as you d like tomatoes are good for you the recipe yields two cups of sauce and freezes well so you might as well double the recipe just cook it in a'

'21 easy blendtec and vitamix soup recipes for any blender

June 7th, 2020 - 3 raw vegan vegetable abundance soup lifestyles raw vegan vegetarian paleo gluten free dairy free low carb low fat low calorie high protein high fiber and heart healthy i ve tried many vitamix soup recipes from their live fresh recipe cookbook and this was one of my favorite raw soups by living food expert brenda cobb it s a light and fresh vegetable soup full of nutrients'

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