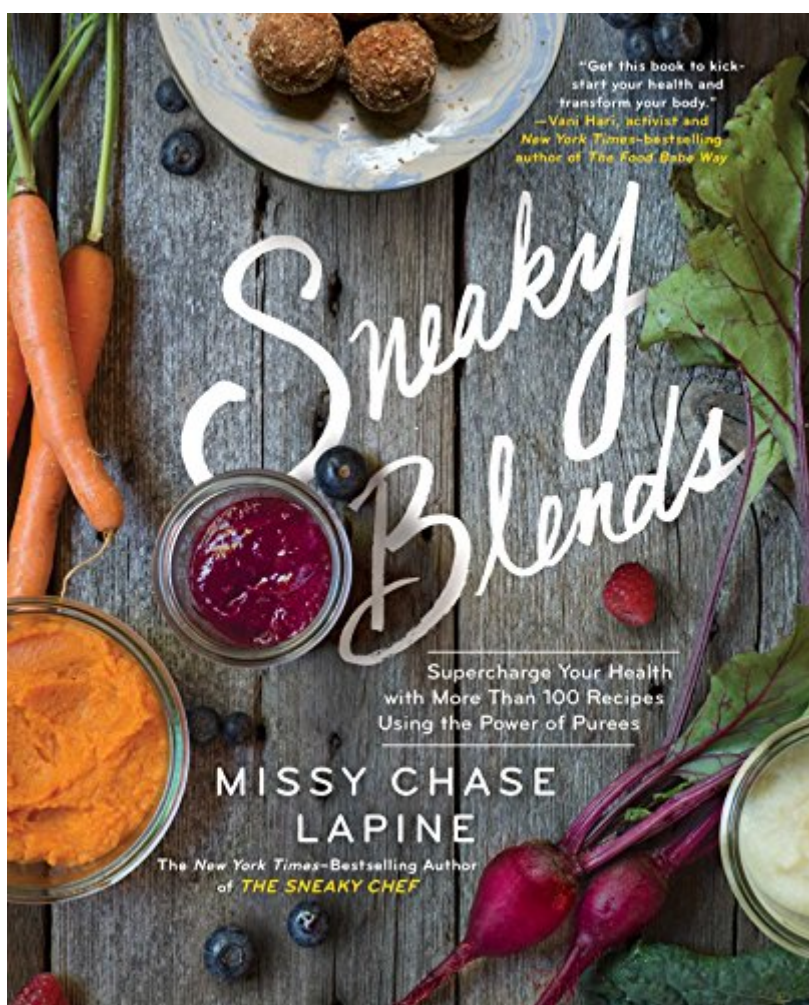


The book was found

# 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

File Size: 220512 KB

Print Length: 304 pages

Publisher: North Star Way; 1 edition (September 27, 2016)

Publication Date: September 27, 2016

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B0176M1BNO

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #431,280 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #35

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Drinks & Beverages > Juices &

Smoothies #111 in Books > Cookbooks, Food & Wine > Kitchen Appliances > Blenders #478

in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

## Customer Reviews

Missy's Blends are delicious on their own and work great in recipes. I'm keeping one in my refrigerator at all times and lots of Blends in my freezer. I'm getting to eat all my favorite foods and they are so easy to make and are better for me. Served the curried deviled eggs last night and everyone was absolutely shocked I would have something seemingly fattening when I'm always trying to cut the fat and calories but it like 65 cal a serving and everyone was a believer. Thank you Missy we used to use your Sneaky Chef recipes on our kids and now these are more for us and we love them so much!

Fantastic job by Missy Chase Lapine. Everyone wants to eat better and healthier dishes, but it isn't always easy and it isn't always so tasty. Sneaky Blends solves that problem by offering up a terrific formula for maximizing the use of fruits and vegetables and converting them into delicious meals. Believe me, when you can enjoy your favorite foods and know that they're filled with the most nutritious ingredients, it's a giant win-win.

I am a cookbook junkie. I collect beautiful cookbooks, and hardly ever cook. Mainly because once I start to do a recipe- all of the ingredients I don't have, and by the time I get them, my food budget would be blown. This is not the case with these recipes. I love the idea of creating bases in bulk to have on hand and add to for variety, all year long. The bases are very simple ingredients and affordable. This is definitely something I can incorporate into a healthy lifestyle change, while enjoying the food. I am in the process of clearing out what food I do have- so I can dive full fledged into this way of cooking/eating. Love the pictures, the recipes, the concept! So happy I found this at my local library, and came on here to order with prime the next day.

Excellent book with wonderful ways to get more veggies into the kids and husband. I love it and the recipes are wonderful.

Easy to use book with beautiful illustrations. Helps you get more fruits and veggies in your diet using ingredients that are easy to get and use.

Ã¢Â•Ã¢Â¼Ã¢Â¸Ã¢Â¸Ã¢Â¸ love just love!!!!

Overall I found this book helpful. However, making the different blends was too time consuming for mi liking.

I just started reading this book and it sounds great. I am starting to make the recipes this week.

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

Sneaky Blends: Supercharge Your Health with More Than 100 Recipes Using the Power of Purees  
Sneaky Green Uses for Everyday Things: How to Craft Eco-Garments and Sneaky Snack Kits, Create Green Cleaners, and more Sneaky Softball Pitching: Sneaky Pitching Tactics to Destroy a Hitter's Timing  
Sneaky Green Uses for Everyday Things: How to Craft Eco-Garments and Sneaky Snack Kits, Create Green Cleaners, Remake Paper into Flying Toys, Assemble ... a Robot Recycle Bin with Everyday Things  
Super Smoothies for NutriBullet: More Than 75 Simple Recipes to Supercharge Your Health  
Top 100 Baby Purees: 100 Quick and Easy Meals for a Healthy and Happy B  
The Big Book of Juices: More Than 400 Natural Blends for Health and Vitality Every Day  
WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source  
Essential Oil Diffuser Recipes: 100+ of the best aromatherapy blends for home, health, and family  
Back to Health by Choice: How to Relieve Pain, Conquer Stress and Supercharge Your Health the Chiropractic Way  
Complete Vitamix Blender Cookbook: Over 350 All-Natural Recipes for Total Health Rejuvenation, Weight Loss, Detox, Superfood Smoothies, Spice Blends, Homemade Skin & Hair Creams & Much More  
Alkaline Diet: Soup Recipes: Supercharge Your Health, Beat Inflammation, and Lose Weight! (Alkaline Diet, Clean Eating Book 1)  
Memory: Mastermind - Supercharge Your Memory & Unleash The Power Of Your Mind To Maximize Productivity, Focus & Intelligence  
Top 100 Baby Purees You Won't Believe It's Salt-Free: 125 Healthy Low-Sodium and No-Sodium Recipes Using Flavorful Spice Blends  
Paleo Cleanse: 30 Days of Ancestral Eating to Detox, Drop Pounds, Supercharge Your Health and Transition into a Primal Lifestyle  
The Wholesome Baby Food Guide: Over 150 Easy, Delicious, and Healthy Recipes from Purees to Solids  
Around the World in 80 Purees: Easy Recipes for Global Baby Food 201 Organic Baby Purees: The Freshest, Most Wholesome Food Your Baby Can Eat! 150 Best Tagine Recipes: Including Tantalizing Recipes for Spice Blends and Accompaniments

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)