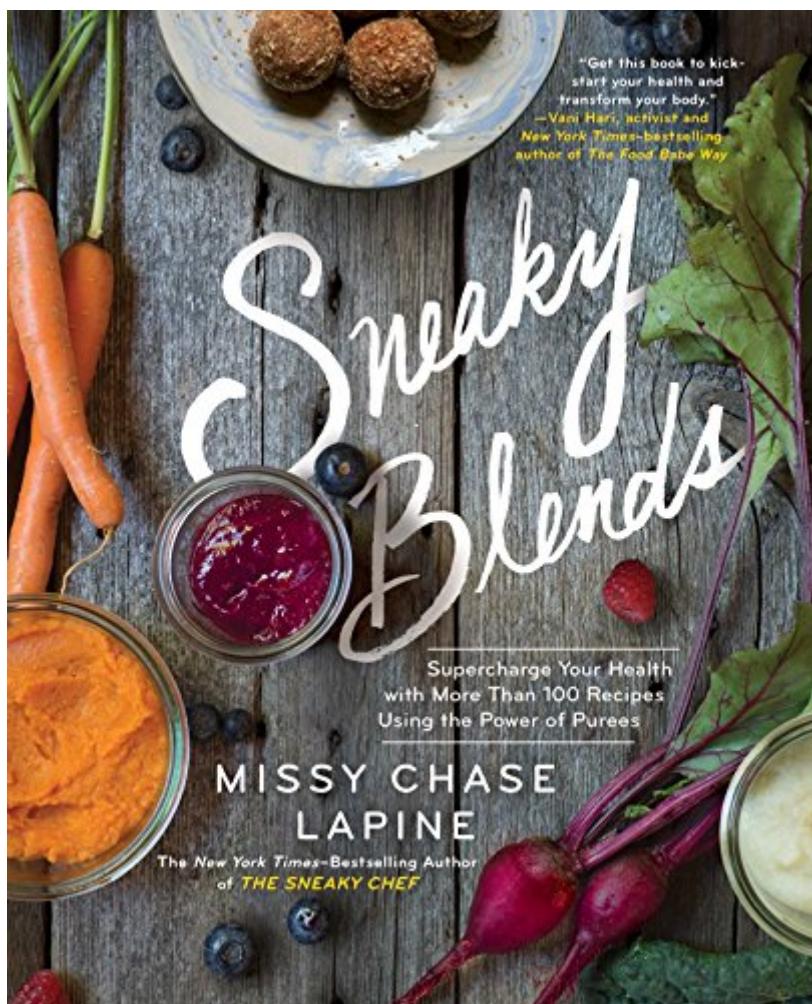


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# Sneaky Blends: Supercharge Your Health With More Than 100 Recipes Using The Power Of Purees



## 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 Missyâ™s delicious recipes like Zucchini Pasta Piccata, Chai Tea Smoothie Bowl, Cheesy Kale-Basil SoufflÃ©, 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

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## **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•Â¤Ã¢Â•Â• love just love!!!!

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

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

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