



They call her 'Blender Girl'

By RENE LYNCH >>> Did you overdo the cocktails and cookies this holiday season? (We sure did!) We asked L.A.'s Tess Masters — a.k.a. the Blender Girl — to help us get back on track in 2016. ♡ Masters, author of "The Blender Girl Smoothies: 100 Gluten-Free, Vegan, and Paleo-Friendly Recipes," says she has one foolproof way for you to clean up your diet in the new year: "Forget extreme diets and adopt Masters' twist on the 80/20 Rule: Commit to one meal a day where your plate is made up of 80% non-starchy vegetables. And the rest of your plate? A lean protein of your choice. "Detoxify on a beautiful sauce to infuse flavor and add a healthy fat" — think avocado, olive oil, nuts — "and you're golden," she said. ♡ Here she shares three of her favorite healthful smoothie recipes from her fun iTunes app, The Blender Girl Smoothies, which helps you match smoothie recipes to your mood (or to whatever's fresh or on sale at the market).

3 smoothie recipes from Tess Masters

Green Mojito

Masters reaches for this during cold and flu season, as a "detox" beverage that ups like a fancy new year cocktail. Why? The lemon-lime in pineapple, cucumber, and ginger has anti-inflammatory properties. Vitamin C in lemons has antioxidant properties and helps reduce inflammation from holiday binging, and ginger has anti-inflammatory and digestive properties. Blend for 30-60 seconds. 2 cups frozen pineapple, 1 cup coconut water or water, 1 cup lime juice, 1/2 cup fresh ginger (peeled and grated), 1/2 cup fresh lime juice, 1 teaspoon freshly grated packed mint, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice. Serves 2. Optional boosters: 1/2 teaspoon wheat grass powder, 1/2 teaspoon ginger powder, 1/2 teaspoon coconut oil.



Berry-Best Bliss

Masters uses this smoothie as a way to love your face. "The berries are lovely for the face, provide the blood circulation," she says. "Haha, I love this!" might not realize there is a here. "This blend is sweet and spicy." Blend for 30-60 seconds. 1 1/2 cups coconut water or water, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice. Serves 2. Optional boosters: 1/2 teaspoon wheat grass powder, 1/2 teaspoon ginger powder, 1/2 teaspoon coconut oil.



Mystical Mango

This is Masters' "mystical blend" she describes it as "delicious for collagen formation and glowing skin." Mango is a superfood, rich in vitamins A, C, and E, contains the fiber and antioxidants, and its potassium and fiber help regulate blood pressure and cholesterol. Blend for 30-60 seconds. 2 cups frozen mango, 1 1/2 cups fresh coconut water, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice. Serves 2. Optional boosters: 1/2 teaspoon wheat grass powder, 1/2 teaspoon ginger powder, 1/2 teaspoon coconut oil.



TESS MASTERS is the author of the book "The Blender Girl Smoothies." She has an app too.

the blender girl™

THE blender girl SMOOTHIES



find your perfect blend

the PERFECT BLEND™

100 blender recipes to energize



LAST BITE

ONE JUICY APP

under Girl, Tess Masters, lets users of her new app punch in their mood (say, "sluggish"), need ("detox") and what they crave ("clean and green"). The results are a choice of 100 recipes, each with three optional boosters. Here's what we tried (each makes 2 servings).

CHAI TEA

APPLE ALKALOID

In a blender, combine 1 cup unsweetened almond milk or water, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice, 1/2 cup fresh lime juice. Serves 2. Optional boosters: 1/2 teaspoon wheat grass powder, 1/2 teaspoon ginger powder, 1/2 teaspoon coconut oil.

Tess Masters is an actor, presenter, lifestyle personality, public speaker, and author of *The Blender Girl*, *The Blender Girl Smoothies* **app** and **book**, *The Perfect Blend*, and *The Decadent Detox*. She shares her enthusiasm for healthy living at TheBlenderGirl.com.

The Blender Girl and her recipes have been featured in publications around the world, including the LA Times, Washington Post, InStyle, Prevention, Shape, Glamour, Real Simple, The Today Show, Hallmark Channel, FOX, Yoga Journal, Vegetarian Times, VegNews, FoodNetwork.com, Yahoo Health, and Well + Good.

Tess's magnetic personality, infectious enthusiasm, and down-to-earth approach have made her a go-to personality for mainstream eaters and seasoned vegetarians alike, sharing her conviction that healthy food can be easy and fun.

In 2013, Pinterest acknowledged Tess's wide appeal when they featured her, along with Katie Couric, Dr Oz, Today, Starbucks, Anthropologie, Pottery Barn, Southwest Airlines, Patagonia, Esquire Magazine and 20 other celebrities and top brands in a global campaign viewed by millions, 30 Days of Pinspiration.

AS SEEN IN

Los Angeles
Times

The
Washington
Post

TODAY

food
network

InStyle

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GLAMOUR

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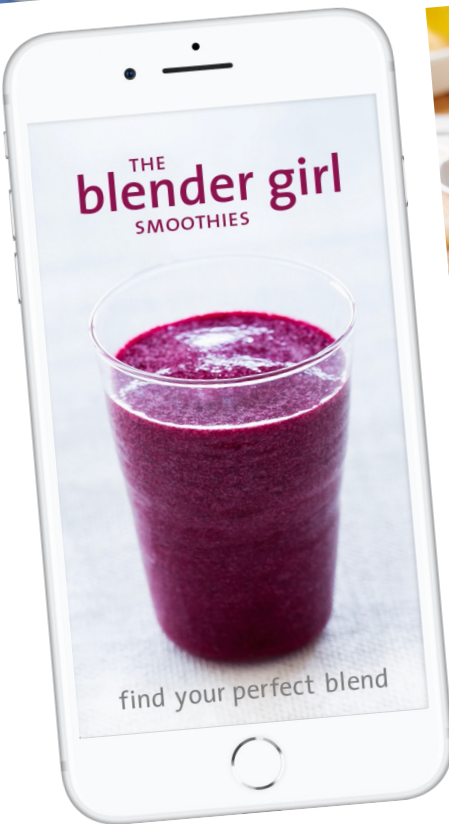
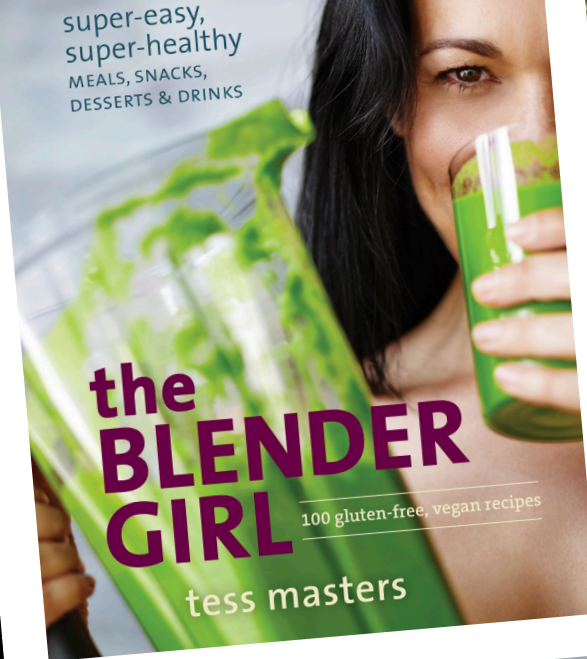
Parents.



The publishing industry jumped in next, and in response to widespread interest in The Blender Girl brand, Tess signed a multi-book deal with Random House. Ten Speed Press launched the first title, *The Blender Girl*, in Spring 2014. Williams-Sonoma made it their featured book for May and Mother's Day, with 111 stores across the U.S. blending and cooking their way through the book.

In Fall 2014, Random House launched *The Blender Girl Smoothies app* for iPhone and iPad. The app was one of 3 finalists for the year's best adult non-fiction app. *The Blender Girl Smoothies book* (based on the app) followed, in Spring 2015. *The Perfect Blend*, the last book in *The Blender Girl* series, was released in Fall 2016. Since the US publication of the series, The Blender Girl has been translated into multiple languages, including German, French, Portuguese, Italian, Czech, and Chinese.

In 2016, Tess became a partner in *Enjoy Pure Food + Drink*. The restaurant features smoothies and juices by The Blender Girl. In 2017, The *Four Seasons Georgetown* announced its healthy living menu, featuring several recipes created by Tess.



2017 also saw the launch of TheDecadentDetox.com and *The Decadent Detox* book, with a series of wellness programs including four seasonal **3-day juice cleanses**, **14-day cleanses**, and a **7-Day Raw Cleanse** with DailyOM.

Facebook invited Tess to be one of the first people to create a short-form show for its new Watch platform. *The Blendaholic* cooking show aired in September of 2017 with new episodes released every Monday.

In high demand as a spokesperson, presenter, and recipe developer, Tess is the global ambassador for KitchenAid blenders, and maintains ongoing partnerships with many other brands.

She has created recipes or presented videos for Today.com, The Daily Meal, Vegetarian Times, Allergic Living, KitchenAid, Williams-Sonoma, Four Seasons, Silk, So Delicious, Elmhurst 1925, Earthbound Farm, Vega, Frontier Co-op, Driscoll's, Navitas Organics, KitchenIQ, Massel, Omega Juicers, and many others.

BRAND PARTNERS



Away from the blender, Tess enjoys a **diverse performance career**. She has toured internationally with acclaimed theater productions, worked in film and TV, and lent her voice to commercial campaigns, audiobooks, and popular video game characters.

She lives in Los Angeles.

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