Tess Masters is an actor, presenter, cook, lifestyle personality, and author of *The Blender Girl*, *The Blender Girl Smoothies*, *The Perfect Blend*, and creator of *The Blender Girl Smoothies app* with Random House. She shares her enthusiasm for healthy living with quick easy recipes you can whip up in a blender at theblendergirl.com.

Her healthy fast food uses gluten-free, plant-based, whole food ingredients. With blending as her guiding metaphor in life, Tess combines varied ideas and concepts, notes and flavors, and philosophies and cultures to find her perfect blend for healthy and happiness, asking readers, “What’s Your Perfect Blend?”
The Blender Girl and her recipes have been featured in the L.A Times, Washington Post, InStyle, Real Simple, Prevention, Family Circle, Vegetarian Times, Living Without, Allergic Living, Thrive, Today.com, Shape.com, Glamour.com, FootNetwork.com, Yahoo.com, Parents.com, Chow.com, among other publications around the world.

Tess has also made numerous TV appearances including the Today show, Fox, Home & Family, WGN, Reluctantly Healthy, and many others.

In high demand as a spokesperson, presenter, and recipe developer, Tess is the global spokesperson for KitchenAid® blenders, ambassador for Massel bouillon and broth, ambassador for Temple Turmeric, and maintains ongoing partnerships with many other brands. She has also created recipes for Williams-Sonoma, Vegetarian Times, Allergic Living, Driscoll’s, Silk, Earthbound Farm, Vega, Frontier Co-op, Today.com, and many others.
Tess’s magnetic personality, infectious enthusiasm, and down-to-earth approach has made her a go to personality for mainstream eaters, as well as seasoned vegetarians who share her conviction that healthy food can be easy and fun.

In January 2013, Pinterest acknowledged Tess’s wide appeal when they featured her, along with Katie Couric, Dr Oz, Paula Deen, 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.

Containing 100 gluten-free, vegan recipes that can all be made in a blender, this book has a full repertoire of smoothies, cocktails, appetizers, soups, salads, main dishes, condiments, and desserts.

In addition to the recipes, there is a comprehensive narrative section that includes information for selecting the best blenders, creating incredible smoothies, soaking and sprouting, and making homemade nut milks. There is also practical health information about the benefits of raw foods, probiotic-rich foods, food combining, and alkalinity.

Tess took this book on the road with a US national book tour appearing at Williams-Sonoma, Whole Foods, and Le Creuset signature stores, as well as independent bookstores, and the corporate headquarters of Google and WhiteWave Foods.
In October 2014, Random House launched The Blender Girl Smoothies app for iphone and ipad. The app was one of 3 finalists for best adult non-fiction app of the year.

The popular app contains 100 smoothie recipes that have three optional boosters (like chia seeds, ginger, or superfoods) that ramp up the flavor, nutrient value, or both. The unique search function lets you punch in what you feel (happy, sluggish, wired), need (a detox, to lose weight, to chill out), and crave (light and fruity, clean and green, an exotic ride) to find the right smoothie every day. Featuring gorgeous photographs of every recipe, an extensive ingredient glossary, shopping lists, blender tips, both Imperial and metric measurements, and other handy tips and tricks, this app makes it fun and easy to find your perfect blend.
The Blender Girl Smoothies cookbook (based on the app) was released by Ten Speed Press on June 30th, 2015.

Readers can search for recipes by health goal (detox, weight loss, protein, energy, immunity, inflammation, alkaline) or for taste profiles such as light and fruity, clean and green, exotic, or dessert-style smoothies. In addition to the 100 smoothie recipes, Tess shares her six steps to spectacular smoothies chart so home cooks can create their own delicious blends, and outlines the essential smoothie ingredients in a comprehensive pantry section.

To promote the book, Tess went on a college book tour around the United States. She visited NYU, UC Berkeley, Northwestern, ASU, UT, GW, American University, and others campuses, as well as Williams-Sonoma stores and Wholefoods.
The Perfect Blend - the last book in The Blender Girl series was released by Ten Speed Press on December 27th, 2016.

In this last installment, Tess shares 100 smoothies, tonics, soups, salads, appetizers, snacks, main dishes, desserts, and condiments all categorized by health goals such as energy, immunity, detox, weight loss, low-carb, alkaline forming, and probiotic-promoting. She also lists the ingredients that help her stay in optimal health, and shares a few top-line takeaways for each of the foods—practical information on their health benefits, and how to prepare, blend, and cook them for amazing textures and tastes.

There are three optional boosters listed for each recipe that enhance flavor and/or nutrition. Tess has chosen them to work separately or together, so readers can supplement any base recipe with one, two, or all three. The variety of foods and kick-ass recipes aim to inspire us, to eat well, and, have fun. The food is functional and geared toward flexibility, so readers can tailor the recipes to their own taste and requirements to find their perfect blend.
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 videogame characters.

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