

# Chai Rice Pudding From The Blender Girl Cookbook

EVENTUALLY, YOU WILL AGREE TO DISCOVER A SUPPLEMENTARY EXPERIENCE AND TRIUMPH BY SPENDING MORE CASH. YET WHEN? ACCOMPLISH YOU UNDERSTAND THAT YOU REQUIRE TO GET THOSE EVERY NEEDS SUBSEQUENT TO HAVING SIGNIFICANTLY CASH? WHY DON'T YOU TRY TO ACQUIRE SOMETHING BASIC IN THE BEGINNING? THAT'S SOMETHING THAT WILL GUIDE YOU TO COMPREHEND EVEN MORE SOMETHING LIKE THE GLOBE, EXPERIENCE, SOME PLACES, WITH HISTORY, AMUSEMENT, AND A LOT MORE?

IT IS YOUR UTTERLY OWN PERIOD TO DECREE REVIEWING HABIT. IN THE MIDST OF GUIDES YOU COULD ENJOY NOW IS **CHAI RICE PUDDING FROM THE BLENDER GIRL COOKBOOK** BELOW.

*THE WHOLE SMITHS GOOD FOOD COOKBOOK* MICHELLE SMITH 2018-06-05 DELICIOUS AND HEALTHFUL RECIPES FROM THE POPULAR BLOG [THEWHOLESMITHS.COM](http://TheWholeSmiths.com)—FULLY ENDORSED BY WHOLE30 AS FANS OF THE WHOLE30 KNOW, IT CAN BE CHALLENGING TO FIGURE OUT HOW TO EAT FOR THE OTHER 335 DAYS OF THE YEAR. MICHELLE SMITH, CREATOR OF THE BLOG THE WHOLE SMITHS, HAS THE ANSWERS. THIS COOKBOOK, THE FIRST EVER FULLY ENDORSED AND SUPPORTED BY WHOLE30, OFFERS A COLLECTION OF 150 RECIPES TO KEEP WHOLE30 DEVOTEES GOING STRONG. MANY RECIPES LIKE SPAGHETTI SQUASH CHICKEN ALFREDO ARE FULLY WHOLE30-COMPLIANT, AND ALL ARE GLUTEN-FREE, BUT YOU'LL ALSO FIND RECIPES WITH A CAREFUL REINTRODUCTION OF GRAINS, LIKE THE TORTILLAS IN THE CHILE ENCHILADA BAKE. SOME RECIPES INCLUDE BEANS AND LEGUMES, SO THERE ARE PLENTY OF VEGETARIAN OPTIONS. THERE ARE EVEN DESSERTS LIKE CHOCOLATE CHIP AND SEA SALT COOKIES! THROUGHOUT THE BOOK, ICONS HELP READERS IDENTIFY WHICH RECIPES FIT THEIR DIETARY CONSTRAINTS (AND WHICH ARE EASILY ADAPTABLE), BUT PERHAPS MOST IMPORTANT OF ALL, THE RECIPES ARE A DELICIOUS WAY TO HELP ANYONE ACHIEVE A LONG-TERM APPROACH TO GOOD HEALTH.

**A GIRL CALLED JACK** JACK MONROE 2014-02-27 100 SIMPLE, BUDGET AND BASIC-INGREDIENT RECIPES FROM THE BESTSELLING AND AWARD-WINNING FOOD WRITER AND ANTI-POVERTY CAMPAIGNER BEHIND TIN CAN COOK 'A TERRIFIC RESOURCE FOR ANYONE TRYING TO COOK NUTRITIOUS AND TASTY FOOD ON A TIGHT BUDGET' SUNDAY TIMES \_\_\_\_\_ LEARN HOW TO UTILISE CUPBOARD STAPLES AND FRESH INGREDIENTS IN THIS ACCESSIBLE COLLECTION OF LOW-BUDGET, DELICIOUS FAMILY RECIPES. WHEN JACK FOUND HERSELF WITH A SHOPPING BUDGET OF JUST £10 A WEEK TO FEED HERSELF AND HER YOUNG SON, SHE ADDRESSED THE SITUATION WITH IMMENSE RESOURCEFULNESS AND CREATIVITY BY EMBRACING HER LOCAL SUPERMARKET'S 'BASICS' RANGE. SHE CREATED RECIPE AFTER RECIPE OF DELICIOUS, SIMPLE AND UPBEAT MEALS THAT WERE OUTRAGEOUSLY CHEAP, INCLUDING: • VEGETABLE MASALA CURRY FOR 30P A PORTION • JAM SPONGE REMINISCENT OF SCHOOL DAYS FOR 23P A PORTION • ONION PASTA WITH PARSLEY AND RED WINE - AN EASY WAY TO GET SOME

VEG IN YOU • CARROT, CUMIN AND KIDNEY BEAN SOUP - TASTY PROTEIN-PACKED GOODNESS IN A GIRL CALLED JACK, LEARN HOW TO SAVE MONEY ON YOUR WEEKLY SHOP WHILST BEING LESS WASTEFUL AND CREATING INEXPENSIVE, TASTY FOOD. \_\_\_\_\_ PRAISE FOR JACK MONROE: 'JACK'S RECIPES HAVE COME LIKE A BREATH OF FRESH AIR IN THE COOKERY WORLD' NIGEL SLATER 'A TERRIFIC RESOURCE FOR ANYONE TRYING TO COOK NUTRITIOUS AND TASTY FOOD ON A TIGHT BUDGET' SUNDAY TIMES 'A PLAIN-SPEAKING, PRACTICAL AUSTERITY COOKING GUIDE - HEALTHY, TASTY AND VARIED' GUARDIAN 'A POWERFUL NEW VOICE IN BRITISH FOOD' OBSERVER 'PACKED WITH INEXPENSIVE, DELICIOUS IDEAS TO FEED A FAMILY FOR LESS' WOMAN AND HOME

**THE INDIAN SLOW COOKER** ANUPY SINGLA 2010-09-01 THIS UNIQUE GUIDE TO PREPARING INDIAN FOOD USING CLASSIC SLOW-COOKER TECHNIQUES FEATURES MORE THAN 50 RECIPES, BEAUTIFULLY ILLUSTRATED WITH FULL-COLOR PHOTOGRAPHY THROUGHOUT. THESE GREAT RECIPES TAKE ADVANTAGE OF THE SLOW COOKER'S ABILITY TO KEEP FOOD MOIST THROUGH ITS LONG COOKING CYCLE, LETTING READERS CREATE DISHES WITH FAR LESS OIL AND SATURATED FAT THAN IN TRADITIONAL RECIPES. ANUPY SINGLA SHOWS THE BUSY, HARRIED FAMILY THAT COOKING HEALTHY IS SIMPLE AND THAT COOKING INDIAN IS JUST A MATTER OF UNDERSTANDING A FEW KEY SPICES. HER "INDIAN SPICES 101" CHAPTER INTRODUCES READERS TO THE MAINSTAY SPICES OF AN INDIAN KITCHEN, AS WELL AS HOW TO STORE, PREPARE, AND COMBINE THEM IN DIFFERENT WAYS. AMONG HER 50 RECIPES ARE ALL THE CLASSICS — SPECIALTIES LIKE DAL, PALAK PANEER, AND GOBI ALOO — AND ALSO DISHES LIKE BUTTER CHICKEN, KEEMA, AND MUCH MORE. THE RESULT IS A TERRIFIC INTRODUCTION TO MAKING HEALTHFUL, FLAVORFUL INDIAN FOOD USING THE SIMPLICITY AND CONVENIENCE OF THE SLOW COOKER.

**THE FRESH 20** MELISSA LANZ 2013-04-23 THE FRESH 20, THE POPULAR BUDGET-FRIENDLY MEAL-PLANNING SERVICE FOUNDED BY WORKING MOTHER MELISSA LANZ, IS NOW A COOKBOOK, OFFERING FAMILIES AN ALL-NATURAL AND EASY APPROACH TO MEALTIMES. USING JUST 20 ORGANIC, NON-PROCESSED INGREDIENTS PER WEEK, HOME COOKS CAN CREATE 5 WHOLESOME, DELICIOUS MEALS IN JUST MINUTES. A BUSY HOME COOK HERSELF, LANZ

UNDERSTANDS THE “WHAT’S FOR DINNER?” CONUNDRUM AND HAS DEVELOPED A PROGRAM THAT GIVES PARENTS HEALTHY COOKING OPTIONS. INSPIRING AND EDUCATIONAL, THE FRESH 20 IS FILLED WITH GORGEOUS COLOR PHOTOS, SHOPPING LISTS THAT TAKE ADVANTAGE OF SEASONAL FRUITS AND VEGETABLES, PREP TIPS, AND, OF COURSE, EASY AND DELICIOUS RECIPES — INCLUDING VEGETARIAN, VEGAN, AND GLUTEN-FREE OPTIONS.

**COOKING FOR HORMONE BALANCE** MAGDALENA WSZELAKI 2018-04-10 A BREAKTHROUGH PROGRAM WITH MORE THAN 125 TEMPTING, NUTRIENT-DENSE RECIPES FOR THYROID CONDITIONS, HASHIMOTO’S, ADRENAL FATIGUE, MENOPAUSE, ENDOMETRIOSIS, FIBROIDS, BREAST HEALTH, PMS, PCOS, AND OTHER HORMONAL IMBALANCES. MILLIONS OF WOMEN SUFFER FROM THE LIFE-ALTERING, OFTEN DEBILITATING SYMPTOMS RESULTING FROM HORMONAL IMBALANCES: STUBBORN WEIGHT GAIN, FATIGUE, BRAIN FOG, DEPRESSION, INSOMNIA, DIGESTIVE ISSUES, AND MORE. THE GOOD NEWS IS THAT MOST OF THESE CONDITIONS ARE REVERSIBLE. INTEGRATIVE HORMONE AND NUTRITION EXPERT MAGDALENA WSZELAKI KNOWS THIS FIRST-HAND. DEVELOPING HYPERTHYROIDISM AND THEN HASHIMOTO’S, ADRENAL FATIGUE, AND ESTROGEN DOMINANCE PROPELLED HER TO LEAVE A HIGH-PRESSURED ADVERTISING CAREER AND DEVELOP A NEW WAY OF EATING THAT WOULD REPAIR AND KEEP HER HORMONES WORKING SMOOTHLY. NOW SYMPTOM FREE, MAGDALENA SHARES HER PRACTICAL, PROVEN KNOWLEDGE SO OTHER WOMEN MAY BENEFIT. DRAWING ON CURRENT RESEARCH AND THE PROGRAMS SHE HAS DEVELOPED AND USED TO HELP THOUSANDS OF WOMEN, SHE OFFERS CLEAR, CONCISE ACTION PLANS FOR WHAT TO REMOVE AND ADD TO OUR DAILY DIET TO REGAIN HORMONAL BALANCE, INCLUDING GUIDES FOR SPECIFIC CONDITIONS AND MORE THAN 125 EASY-TO-PREPARE, FLAVORFUL, AND ANTI-INFLAMMATORY RECIPES THAT ARE FREE OF GLUTEN, DAIRY, SOY, CORN, AND NIGHTSHADES AND LOW IN SUGAR. BASED ON TWENTY HORMONE-SUPPORTING SUPERFOODS AND TWENTY HORMONE-SUPPORTING SUPER HERBS—WITH MODIFICATIONS FOR PALEO, PALEO FOR AUTOIMMUNITY (AIP), ANTI-CANDIDA, AND LOW-FODMAP DIETS—THESE HEALING RECIPES INCLUDE A TERRIFIC SELECTION FOR EVERYDAY MEALS, FROM SWEET POTATO AND SAGE PANCAKES AND HONEY GLAZED TARRAGON CHICKEN TO A DECADENT CHOCOLATE CHERRY SMOOTHIE. WITH MAKE-AHEAD MEALS, UNDER-THIRTY-MINUTE RECIPES, AND TIME-SAVING TIPS AND TECHNIQUES, COOKING FOR HORMONE BALANCE EMPHASIZES MINIMAL EFFORT FOR MAXIMUM RESULTS—A COMPREHENSIVE FOOD-AS-MEDICINE APPROACH FOR TACKLING HORMONE IMBALANCE AND EATING YOUR WAY TO BETTER HEALTH.

**THE PERFECT BLEND** TESS MASTERS 2016-12-27 ONLINE PHENOMENON THE BLENDER GIRL OFFERS UP 100 RECIPES FOR HEALTHY LIVING WITH TASTY, CROWD-PLEASING DISHES TO HELP BOOST NUTRITION FOR EVERY MEAL OF THE DAY. THE PERFECT BLEND FUNCTIONS NOT ONLY AS A COOKBOOK BUT ALSO AS A GUIDE FOR HOW TO LEAD A MORE VIBRANT AND HEALTHY LIFE. BLOGGING POWERHOUSE TESS MASTERS LAYS OUT A DOZEN HEALTHY GOALS FOR READERS, INCLUDING GAINING ENERGY, BOOSTING IMMUNITY, REDUCING INFLAMMATION, DETOXING THE BODY, AND PROBIOTIC POWER. THEN MASTERS OFFERS EASY-TO-FOLLOW RECIPES FOR SMOOTHIES, ELIXIRS, SNACKS, SALADS, SIDES, SOUPS, MAINS, AND DESSERTS

*chai-rice-pudding-from-the-blender-girl-cookbook*

THAT HELP YOU REACH THESE GOALS AND GET RESULTS FAST. INCLUDING A GUIDE TO KEY INGREDIENTS, AN EXTENSIVE RESOURCES SECTION, AND OPTIONAL NUTRITIONAL BOOSTERS FOR EACH RECIPE, THE PERFECT BLEND WILL HELP YOU FIND YOUR OWN PERFECT BLEND AND LEAVE YOU FEELING ENERGIZED AND REVITALIZED.

**THE OH SHE GLOWS COOKBOOK** ANGELA LIDDON 2014-03-04 THE NEW YORK TIMES BESTSELLER FROM THE FOUNDER OF OH SHE GLOWS “ANGELA LIDDON KNOWS THAT GREAT COOKS DEPEND ON FRESH INGREDIENTS. YOU’LL CRAVE EVERY RECIPE IN THIS AWESOME COOKBOOK!” —ISA CHANDRA MOSKOWITZ, AUTHOR OF ISA DOES IT “SO MANY THINGS I WANT TO MAKE! THIS IS A BOOK YOU’LL WANT ON THE SHELF.” —SARA FORTE, AUTHOR OF THE SPROUTED KITCHEN A SELF-TRAINED CHEF AND FOOD PHOTOGRAPHER, ANGELA LIDDON HAS SPENT YEARS PERFECTING THE ART OF PLANT-BASED COOKING, CREATING INVENTIVE AND DELICIOUS RECIPES THAT HAVE BROUGHT HER DEVOTED FANS FROM ALL OVER THE WORLD. AFTER STRUGGLING WITH AN EATING DISORDER FOR A DECADE, ANGELA VOWED TO CHANGE HER DIET — AND HER LIFE — ONCE AND FOR ALL. SHE TRADED THE LOW-CALORIE, PROCESSED FOOD SHE’D BEEN LIVING ON FOR WHOLE, NUTRIENT-PACKED VEGETABLES, FRUITS, NUTS, WHOLE GRAINS, AND MORE. THE RESULT? HER ENERGY SOARED, SHE HEALED HER RELATIONSHIP WITH FOOD, AND SHE GOT HER GLOW BACK, BOTH INSIDE AND OUT. EAGER TO SHARE HER REALIZATION THAT THE FOOD WE PUT INTO OUR BODIES HAS A HUGE IMPACT ON HOW WE LOOK AND FEEL EACH DAY, ANGELA STARTED A BLOG, OHSHEGLOWS.COM, WHICH IS NOW AN INTERNET SENSATION AND ONE OF THE MOST POPULAR VEGAN RECIPE BLOGS ON THE WEB. THIS IS ANGELA’S LONG-AWAITED DEBUT COOKBOOK, WITH A TRASURE TROVE OF MORE THAN 100 MOUTHERWATERING, WHOLESOME RECIPES — FROM REVAMPED CLASSICS THAT EVEN MEAT-EATERS WILL LOVE, TO FRESH AND INVENTIVE DISHES — ALL PACKED WITH FLAVOR. THE OH SHE GLOWS COOKBOOK ALSO INCLUDES MANY ALLERGY-FRIENDLY RECIPES — WITH MORE THAN 90 GLUTEN-FREE RECIPES — AND MANY RECIPES FREE OF SOY, NUTS, SUGAR, AND GRAINS, TOO! WHETHER YOU ARE A VEGAN, “VEGAN-CURIOUS,” OR YOU SIMPLY WANT TO EAT DELICIOUS FOOD THAT JUST HAPPENS TO BE HEALTHY, TOO, THIS COOKBOOK IS A MUST-HAVE FOR ANYONE WHO LONGS TO EAT WELL, FEEL GREAT, AND SIMPLY GLOW!

**CLEAN CAKES** HENRIETTA INMAN 2016-02-01 CLEAN CAKES IS THE ULTIMATE COOKBOOK FOR ANYONE WHO ENJOYS BAKING AS WELL AS EXPERIMENTING WITH NEW AND ALTERNATIVE INGREDIENTS. IT PROVIDES A WEALTH OF IDEAS FOR COOKING EVERYTHING FROM SPECTACULAR CAKES, ENERGY-BOOSTING MUFFINS AND WHOLESOME LOAVES TO STUNNING RAW DESSERTS AND SCRUMPTIOUS TARTS AND PIES, WITH DISTINCTIVE FLAVOUR COMBINATIONS AND ORIGINAL TWISTS ON ESTABLISHED CLASSICS. IT WILL PROVE INVALUABLE FOR ANYONE WHO FOR HEALTH OR LIFESTYLE REASONS WANTS TO ELIMINATE GLUTEN, DAIRY OR REFINED SUGAR FROM THEIR DIET BUT WHO STILL WANTS TO SATISFY THEIR SWEET TOOTH AND CREATE THEIR OWN NUTRITIOUS GUILT-FREE MASTERPIECES. HENRIETTA INMAN EMBRACES NUTRITIOUS WHOLE FOOD INGREDIENTS THAT ARE UNPROCESSED, UNREFINED, NATURAL, SEASONAL AND LOCAL WHEREVER POSSIBLE. THE FIRST SECTION

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SHOWS HOW TO STOCK YOUR CLEAN CAKES LARDER, AS WELL AS INCLUDING FOUNDATION RECIPES SUCH AS CASHEW CREAM, NUT BUTTERS AND HOMEMADE JAMS. NEXT COME OVER 75 BEAUTIFULLY PHOTOGRAPHED RECIPES, FROM RICH CHOCOLATE BROWNIES, A SHOW-STOPPING COURGETTE, BASIL, LIME AND PISTACHIO LAYER CAKE AND RAW DESSERTS TO FIVE GRAIN OMEGA MIX GRANOLA BARS, SPECTACULAR FRUIT PIES AND ENTICING SAVOURY TARTS. THESE RECIPES ARE FOR EVERYONE AND SHOW THAT COOKING HEALTHILY DOESN'T HAVE TO MEAN COMPROMISING ON FLAVOUR.

**BODY LOVE** KELLY LeVEQUE 2017-06-27 CELEBRITY FAVORITE HEALTH AND WELLNESS CONSULTANT KELLY LeVEQUE SHARES HER SECRETS FOR LOSING WEIGHT, ATTUNING OURSELVES TO OUR BODIES' NEEDS, AND FREEING OURSELVES FROM FOOD DRAMA IN THIS ESSENTIAL WELLNESS GUIDE, WHICH INCLUDES 88 DELECTABLE RECIPES! IN THIS INSPIRATIONAL YET PRACTICAL BOOK, THE NUTRITIONAL CONSULTANT AND HOLISTIC HEALTHCARE EXPERT WHO HAS HELPED CELEBRITIES SUCH AS JESSICA ALBA, MOLLY SIMS, CHELSEA HANDLER, AND EMMY ROSSUM IMPROVE THEIR HEALTH AND ACHIEVE THEIR GOALS SHOWS YOU HOW TO GET BEYOND THE FOOD DRAMA OF CYCLICAL FAD DIETS AND FEEL AND LOOK GREAT BY EATING WELL. KELLY'S FOOD FREEDOM PROGRAM HELPS YOU SET YOURSELF UP FOR SUCCESS, ELIMINATING CRAVINGS, MOOD SWINGS, AND OTHER SYMPTOMS CAUSED BY FOOD DRAMA. START YOUR DAY WITH HER FAB FOUR SMOOTHIES, INCLUDING A STRAWBERRY SHORTCAKE SMOOTHIE AND A MANGO KALE MADNESS SMOOTHIE, WHICH PACK PROTEIN, FAT, FIBER, AND CARBS TO BALANCE YOUR BLOOD SUGAR AND KEEP YOU FULL AND HAPPY. AFTER BREAKFAST, YOU'LL THRIVE WITH HER FAB FOUR RECIPES, INCLUDING TURKEY-STUFFED DELICATA SQUASH, SPICY SALMON NORI BURRITOS, AND ANTI-INFLAMMATORY DETOX SALAD, WHICH INCLUDE THE FAB FOUR FOOD GROUPS—PROTEIN, FAT, FIBER, AND GREENS—THAT PLAY A ROLE IN DAY-LONG SATIETY. KELLY ALSO TEACHES YOU HOW TO ELONGATE YOUR BLOOD SUGAR CURVE TO STAY FULL AND HAPPY, AND MAKE YOURSELF INSULIN AWARE. KELLY HAS STUDIED THE SCIENCE BEHIND FAMILIAR DIETS TO UNDERSTAND HOW THEY TRIGGER THE BODY TO LOSE POUNDS—AND WHY THEY AREN'T SUSTAINABLE. INSTEAD, SHE OFFERS A BETTER CHOICE: HER FOUR-STEP FOOD FREEDOM PROGRAM THAT HELPS YOU FIND YOUR WELLNESS BALANCE BETWEEN EATING ENOUGH AND DECIDING HOW YOU FEEL. ONCE YOU FIND YOUR BALANCE, YOU WILL LOSE WEIGHT, LOSE FAT, INCREASE LEAN MUSCLE MASS, AND DROP AT LEAST ONE SIZE. YOU'LL ALSO ENJOY THICKER, SHINIER HAIR; CLEAR, GLOWING SKIN; A REMARKABLE IMPROVEMENT IN YOUR OVERALL APPEARANCE; REDUCED JOINT PAIN AND OTHER INFLAMMATIONS; INCREASED ENERGY; AND BETTER SLEEP. FILLED WITH TIPS AND RESOURCES ON SUPPLEMENTS AND CLEANSING, DOZENS OF DELICIOUS, HEALTHY RECIPES AND ADVICE ON HOW TO ADJUST YOUR EATING WHEN TRAVELING AND ON VACATION, BODY LOVE IS YOUR ONE-STOP RESOURCE TO LIVING CLEAN AND HAPPY!

**THE BEGINNER'S GUIDE TO GLUTEN-FREE VEGAN BAKING** GINA FONTANA 2021-12-14 SHOW STOPPING GLUTEN-FREE AND VEGAN BAKED GOODS FOR EVERY CRAVING GINA FONTANA, FOUNDER OF THE HEALTHY LITTLE VITTLES BLOG, HAS CRACKED THE CODE TO BAKING WITHOUT DAIRY, EGGS AND GLUTEN. IN THIS GAME-CHANGING GUIDE SHE SHARES 60

FOOLPROOF RECIPES PLUS ESSENTIAL TIPS AND TRICKS FOR AVOIDING COMMON GLUTEN-FREE VEGAN BAKING MISHAPS. FINALLY, YOU CAN SATISFY ANY SWEET CRAVING, REGARDLESS OF DIETARY RESTRICTIONS! NOW, IT'S EASY TO CREATE COMFORTING CLASSICS YOU MAY HAVE THOUGHT IMPOSSIBLE TO MAKE PLANT-BASED AND GLUTEN-FREE, INCLUDING FUDGY BROWNIES, CREAMY CHEESECAKE AND CRISPY MERMELADE WITH A PERFECTLY CARAMELIZED TOP.

CHAPTERS ARE ORGANIZED BY TECHNIQUES LIKE EGG SWAPS, DAIRY AND BUTTER ALTERNATIVES, BATTER CONSISTENCY AND NATURAL SWEETENERS, SO YOU'LL LEARN TO PROBLEM-SOLVE WHILE BUILDING YOUR BAKING REPERTOIRE. FROM PERFECTLY SPICED CARROT CAKE AND BOURBON PEACH ICE CREAM TO EDIBLE CHOCOLATE CHIP COOKIE DOUGH AND APRICOT PIE POPS, THE SIMPLE YET DELICIOUS OPTIONS ARE ENDLESS. PACKED WITH INVALUABLE INFORMATION AND 60 GORGEOUS FULL-COLOR PHOTOGRAPHS, THIS IS THE MUST-HAVE HANDBOOK FOR ANYONE INTERESTED IN CRAFTING EXCEPTIONAL SWEETS THAT JUST HAPPEN TO BE GLUTEN-FREE AND VEGAN.

**COOKING ON A BOOTSTRAP** JACK MONROE 2018-08-23 AWARD-WINNING COOKERY WRITER AND ANTI-POVERTY CAMPAIGNER JACK MONROE IS BACK WITH COOKING ON A BOOTSTRAP: A CREATIVE AND ACCESSIBLE COOKBOOK PACKED WITH AFFORDABLE, DELICIOUS RECIPES, MOST OF WHICH ARE VEGETARIAN. WINNER OF THE OBSERVER FOOD MONTHLY BEST FOOD PERSONALITY READERS' AWARD 2018. JACK MONROE IS A CAMPAIGNER, FOOD WRITER AND ACTIVIST, HER FIRST COOKBOOK A GIRL CALLED JACK, WAS A RUNAWAY BESTSELLER. THE SEQUEL COOKING ON A BOOTSTRAP MAKES BUDGET FOOD FUN AND DELICIOUS, WITH 118 INCREDIBLE RECIPES INCLUDING FLUFFY BERRY PANCAKES, SELF-LOVE STEW, MARMITE MAC 'N' CHEESE AND HOT SARDINES WITH HERBY SAUCE. CHAPTERS INCLUDE BREAD, BREAKFASTS, A BAG OF PASTA AND A PACKET OF RICE, SPUDS AND EAT MORE VEG. THERE ARE VEGAN, SWEET AND WHAT JACK CALLS 'CONTRABAND' DISHES HERE, AS WELL AS NIFTY MONEY-SAVING TIPS. WITH HER TRADEMARK HUMOUR AND WIT, JACK SHOWS US THAT AFFORDABLE, AUTHENTIC AND CREATIVE RECIPES AREN'T JUST FOR THOSE WITH FANCY GADGETS OR PREMIUM INGREDIENTS. INITIALLY LAUNCHING THIS BOOK AS A VERY LIMITED BLACK AND WHITE EDITION ON KICKSTARTER, JACK REACHED THE FUNDING TARGET IN JUST ONE DAY. THIS BEAUTIFUL EDITION CONTAINS ILLUSTRATIONS AND ORIGINAL FULL-COLOUR PHOTOGRAPHS TO REALLY MAKE YOUR MOUTH WATER.

**THE BLENDER GIRL** TESS MASTERS 2014-04-08 ABOUT THIS BOOK... THE DEBUT COOKBOOK FROM THE POWERHOUSE BLOGGER BEHIND THEBLENDERGIRL.COM, FEATURING 100 GLUTEN-FREE, VEGAN RECIPES FOR SMOOTHIES, MEALS, AND MORE MADE QUICKLY AND EASILY IN A BLENDER. WHAT'S YOUR PERFECT BLEND? ON HER WILDLY POPULAR RECIPE BLOG, TESS MASTERS—AKA, THE BLENDER GIRL—SHARES EASY PLANT-BASED RECIPES THAT ANYONE CAN WHIP UP FAST IN A BLENDER. 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 100 WHOLE-FOOD RECIPES THAT ARE GLUTEN-FREE AND VEGAN, AND RELY ON NATURAL FLAVORS AND SWEETENERS. MANY ARE ALSO RAW AND NUT-, SOY-, CORN-, AND SUGAR-

FREE. SMOOTHIES, SOUPS, AND SPREADS ARE A GIVEN IN A BLENDER COOKBOOK, BUT THIS SURPRISINGLY VERSATILE COLLECTION ALSO INCLUDES APPETIZERS, SALADS, AND MAIN DISHES WITH A BLENDED COMPONENT, LIKE FRESH SPRING ROLLS WITH ORANGE-ALMOND SAUCE, TWISTED CAESAR PLEASER, SPICY CHICKPEA BURGERS WITH PORTOBELLO BUNS AND GREENS, AND I-LOVE-VEGGIES! BAKE. AND EVEN THOUGH MANY OF TESS'S SMOOTHIES AND SHAKES TASTE LIKE DESSERT—APPLE PIE IN A GLASS, RASPBERRY-LEMON CHEESECAKE, OR TASTES-LIKE-ICE- CREAM KALE, ANYONE?—HER ACTUAL DESSERTS ARE OUT-OF-THIS-WORLD GOOD, FROM CHOCOLATE-CHILE BANANA SPILLY TO FLOURLESS TRIPLE-PECAN MOUSSE PIE AND CHAI RICE PUDDING. BEST OF ALL, EVERY RECIPE CAN EASILY BE ADJUSTED TO YOUR PERSONAL TASTE: ADD AN EXTRA SQUEEZE OF THIS, ANOTHER HANDFUL OF THAT, OR LEAVE SOMETHING OUT ALTOGETHER— THESE DISHES ARE SUPER FORGIVING, SO YOU CAN'T MESS THEM UP. DETAILS ON THE BENEFITS OF SOAKING, SPROUTING, AND DEHYDRATING; PROPER FOOD COMBINING; AND EATING RAW, PROBIOTIC-RICH, AND ALKALINE INGREDIENTS ROUND OUT THIS NUTRIENT-DENSE GUIDE. BUT YOU DON'T HAVE TO UNDERSTAND THE SCIENCE OF GOOD NUTRITION TO RUN WITH THE BLENDER GIRL—ALL YOU NEED IS A BLENDER AND A SENSE OF ADVENTURE. SO DUST OFF YOUR MACHINE AND GET READY TO FIND YOUR PERFECT BLEND.

**VEGAN INDIAN COOKING** ANUPY SINGLA 2012-07-06 EXPLORE TRADITIONAL INDIAN COOKING USING VEGAN INGREDIENTS WITH THIS VOLUME OF SIMPLE YET UNFORGETTABLE RECIPES BY THE AUTHOR OF INDIAN SLOW COOKER. COOKBOOK AUTHOR ANUPY SINGLA SHARES THE SECRET TO PREPARING CLASSIC INDIAN DISHES WITHOUT USING ANIMAL PRODUCTS. VEGAN INDIAN COOKING FEATURES 140 RECIPES THAT USE VEGAN ALTERNATIVES TO RICH CREAM, BUTTER, AND MEAT. THE RESULT IS A TERRIFIC ADDITION TO THE CULINARY RESOURCES OF ANY COOK INTERESTED IN EITHER VEGAN OR INDIAN CUISINE. SINGLA—A MOTHER OF TWO, INDIAN EMIGRE, AND FORMER TV NEWS JOURNALIST—HAS A PASSION FOR EASY, AUTHENTIC INDIAN FOOD. SHE SHARES RECIPES HANDED DOWN FROM HER MOTHER AS WELL AS MANY SHE DEVELOPED HERSELF—INCLUDING FUSION RECIPES THAT PULL TOGETHER DIVERSE TRADITIONS FROM ACROSS THE INDIAN SUBCONTINENT. AFTER LAUNCHING HER INDIAN AS APPLE PIE LINE OF SPICES, SINGLA BUILDS ON HER CULINARY EXPERTISE WITH FLAVORFUL RECIPES THAT MAKE VEGAN INDIAN COOKING ACCESSIBLE TO EVEN THE MOST HURRIED HOME CHEF.

**No Excuses Detox** MEGAN GILMORE 2017-02-21 FROM THE POWERHOUSE BLOGGER BEHIND DETOXINISTADOTCOM, HERE ARE 100 QUICK, AFFORDABLE, AND DELICIOUS WHOLE-FOOD RECIPES THAT MAKE IT EASY FOR YOU AND YOUR FAMILY TO FOLLOW A HEALTHY LIFESTYLE. IN NO EXCUSES DETOX, MEGAN GILMORE PRESENTS A COLLECTION OF SATISFYING, FAMILY-FRIENDLY RECIPES DEVELOPED WITH SPEED, CONVENIENCE, AND OPTIMUM DIGESTION IN MIND. BECAUSE ENJOYING WHAT YOU EAT ON A DAILY BASIS IS CRUCIAL TO MAINTAINING HEALTH GOALS, THESE RECIPES FOR COMFORT FOOD FAVORITES—FROM FREEZER OAT WAFFLES, BUTTERNUT MAC N' CHEESE, QUINOA PIZZA, LOADED NACHO DIP, AND AVOCADO CAESAR SALAD TO FROSTY CHOCOLATE SHAKES, NO-BAKE BROWNIE BITES,

AND CARROT CAKE CUPCAKES—TASTE JUST AS GOOD AS THEIR TRADITIONAL COUNTERPARTS, BUT ARE HEALTHIER VERSIONS PACKED WITH NUTRIENTS. MEGAN GILMORE SHARPLY IDENTIFIES MANY OF THE REASONS PEOPLE FAIL TO STICK TO A HEALTHY DIET—TOO BUSY, BUDGET CONSCIOUS, COOKING FOR PICKY EATERS, CONCERNS ABOUT TASTE OR FULLNESS, AND MORE—ADDRESSING THEM HEAD ON AND OFFERING SIMPLE SOLUTIONS. THIS BEAUTIFULLY PACKAGED AND ARTFULLY PHOTOGRAPHED BOOK GIVES READERS NO EXCUSE TO NOT EAT WELL YEAR-ROUND.

**NATURALLY SWEET AMERICA'S TEST KITCHEN** 2016-08-23 IN THIS TIMELY, UNIQUE COOKBOOK, AMERICA'S TEST KITCHEN TACKLES THE MONUMENTAL CHALLENGE OF CREATING FOOLPROOF, GREAT-TASTING BAKED GOODS THAT CONTAIN LESS SUGAR AND RELY ONLY ON NATURAL ALTERNATIVES TO WHITE SUGAR. WHITE SUGAR IS ONE OF THE MOST WIDELY DEMONIZED HEALTH THREATS OUT THERE, EVEN MORE THAN FAT, AND CONSUMERS ARE INCREASINGLY INTERESTED IN DECREASING THE AMOUNT OF SUGAR THEY USE AND ALSO IN USING LESS-PROCESSED NATURAL SWEETENERS. BUT DECREASING OR CHANGING THE SUGAR IN A RECIPE CAN HAVE DISASTROUS RESULTS: BAKED GOODS TURN OUT DRY, DENSE, AND DOWNRIGHT INEDIBLE. WE ADDRESS THESE ISSUES HEAD-ON WITH 120 FOOLPROOF, GREAT-TASTING RECIPES FOR COOKIES, CAKES, PIES AND MORE THAT REDUCE THE OVERALL SUGAR CONTENT BY AT LEAST 30% AND RELY SOLELY ON MORE NATURAL ALTERNATIVES TO WHITE SUGAR.

**AGAINST ALL GRAIN** DANIELLE WALKER 2013-07-30 OFFERS RECIPES FOR A PALEO DIET, INCLUDING SPANISH FRITTATA WITH CHORIZO, KOREAN BEEF NOODLE BOWLS, AND LEMON VANILLA BEAN MACAROONS.

**CULTURED FOOD LIFE** DONNA SCHWENK 2011 DRAMATICALLY IMPROVE YOUR HEALTH BY EATING FOODS FILLED WITH DYNAMIC PROBIOTICS THAT SUPERCHARGE YOUR BODY! ORDINARY FOODS BECOME POWERFUL HEALTH AGENTS IN A FEW EASY STEPS USING ANCIENT WISDOM AND TIME-TESTED TECHNIQUES SUCH AS NATURAL FERMENTATION. AUTHOR AND EDUCATOR DONNA SCHWENK TELLS HER COMPELLING STORY OF HOW SHE TRANSFORMED HER FAMILY'S HEALTH BY CREATING FOODS THAT CONQUER SICKNESSES, INCLUDING DIABETES, HIGH BLOOD PRESSURE AND IBS. HUNDREDS OF FAMILIES HAVE ATTENDED DONNA'S SEMINARS AND RENEWED THEIR HEALTH, CHANGING THEIR LIVES FOREVER! AFTER NUMEROUS REQUESTS FROM HER SEMINAR PARTICIPANTS, DONNA HAS PROVIDED THIS COMPILATION OF OVER SIXTY DELICIOUS RECIPES THAT WERE THE KEY TO HER OWN SUCCESS. WITH HER SIMPLE STEP-BY-STEP INSTRUCTIONS, YOU TOO CAN LEARN TO MAKE DELICIOUS PROBIOTIC FOODS THAT WILL CREATE WELLNESS AND RESTORE YOUR HEALTH. YOU CAN ENJOY A PREVIEW AT: [WWW.CULTUREDFOODLIFE.COM](http://WWW.CULTUREDFOODLIFE.COM) OR FOLLOW DONNA ON HER BLOG AT [WWW.BLOG.CULTUREDFOODLIFE.COM](http://WWW.BLOG.CULTUREDFOODLIFE.COM)

**CAKES BY MELISSA** MELISSA BEN-ISHAY 2017-10-03 CAKES BY MELISSA IS A MOUTHWATERING COLLECTION OF EASY AND IMAGINATIVE CAKES FROM THE CREATIVE FORCE BEHIND THE DELICIOUS BITE-SIZE CUPCAKE BRAND BAKED BY MELISSA. MELISSA BEN-ISHAY, THE BAKER, MOM, AND FOUNDER OF BAKED BY MELISSA—THE TIE-DYE AND FUN-LOVING BITE-

SIZE TREATS COMPANY—SHARES HER SECRETS IN THIS VIBRANTLY ILLUSTRATED COOKBOOK THAT OFFERS MORE THAN 120 RECIPES FOR FABULOUS CAKES, ICINGS, FILLINGS, AND TOPPINGS FOR ENDLESSLY DELECTABLE COMBINATIONS. MELISSA BELIEVES BAKING SHOULD BE FUN AND EASY—AND THAT INCREDIBLE FLAVOR CAN BE IN BITE-SIZE AMOUNTS. THIS ETHOS AND HER LIVELY, PERSONAL STYLE ARE INFUSED THROUGHOUT CAKES BY MELISSA. A SIMPLE-TO-FOLLOW CRASH COURSE IN MAKING BAKING MORE LIKE CRAFTING, IT OFFERS MELISSA'S FRESH TAKES ON TRADITIONAL CAKES AND INVENTIVE IDEAS TO MAKE DESSERT IN ANY FORM EXTRA SWEET. THE COOKBOOK WILL ENCOURAGE HOME BAKERS TO BE CREATIVE AND SPONTANEOUS IN THEIR BAKING, EVEN INCLUDING FILL-IN-THE-BLANK INGREDIENT SHEETS TO INDIVIDUALIZE THEIR SPECIAL TREATS. FROM THE VERY RECIPE THAT STARTED IT ALL—THE TIE-DYE CUPCAKE—TO PEANUT BUTTER BANANA CAKE BATTER AND ICINGS AND CRUMBLES THAT INSPIRE THE BAKER IN US ALL TO CREATE SCRUMPTIOUS DESSERTS, CAKES BY MELISSA IS FILLED WITH UNIQUE AND TOTALLY IRRESISTIBLE RECIPES TO DEVOUR. REplete WITH 125-150 PHOTOGRAPHS AND STUNNINGLY DESIGNED PAGES THAT MIRROR THE DOWN-TO-EARTH AND COLORFUL BAKED BY MELISSA AESTHETIC, CAKES BY MELISSA IS A CELEBRATION OF THE JOYS OF BAKING FOR EXPERTS AND NOVICES ALIKE, AND IS A MUST FOR MELISSA'S FANS.

**GOOD CLEAN FOOD** LILY KUNIN 2017-03-07 THE CREATOR OF THE CLEAN FOOD DIRTY CITY BRAND SHARES 100 SIMPLE, VIBRANT, GLUTEN- AND DAIRY-FREE RECIPES FOR LOOKING AND FEELING YOUR BEST. IN HER DEBUT COOKBOOK, GOOD CLEAN FOOD, HEALTH COACH LILY KUNIN SHARES PLANT-BASED RECIPES FOR IRRESISTIBLY CLEAN, WHOLESOME FOOD. WITH LILY'S LESS-IS-MORE APPROACH, YOU'LL LEARN HOW TO CREATE NOURISHING DISHES, BOWLS, SALADS, SMOOTHIES, AND MORE USING GLUTEN- AND DAIRY-FREE INGREDIENTS. HER DELICIOUS RECIPES ARE COMPLEMENTED BY THE SAME VIBRANT, TEXTURED, AND STUNNING PHOTOGRAPHY THAT HAS BECOME A TRADEMARK OF HER POPULAR SITE CLEAN FOOD DIRTY CITY. ORGANIZED BY THE WAY THAT FOOD MAKES YOU FEEL—AWAKENED, NOURISHED, CLEANSED, RESTORED, SUSTAINED, AND COMFORTED—GOOD CLEAN FOOD HIGHLIGHTS KEY INGREDIENTS THAT SUPPORT HEALTHY EATING AND CLEAN LIVING. THE BOOK CONTAINS A FLAVORFUL MIX OF RECIPES, INCLUDING: FALAFEL BOWL WITH MEDITERRANEAN MILLET AND GREEN TAHINI WALNUT TACO SALAD + AVOCADO PESTO ZUCCHINI NOODLES EVERGREEN DETOX BOWL SUNNY IMMUNITY SMOOTHIE BOWL SALTED CARAMEL BONBONS THE BOOK ALSO FEATURES A “BOWL BUILDER” SECTION THAT WALKS READERS THROUGH THE PROCESS OF BUILDING THE PERFECT GRAIN BOWL, AND PROVIDES HELPFUL ADVICE ON HOW TO STOCK A HEALTHY KITCHEN AND PREP FOR THE WEEK AHEAD. HELPFUL TIPS AND RECIPES INSTRUCT ON USING THE SAME INGREDIENTS FROM YOUR PANTRY FOR BEAUTY ENHANCEMENT, LIKE A RAW HONEY-TURMERIC FACEMASK AND ROSEMARY-COCONUT OIL HAIR TREATMENT. “I LOVE THIS VIBRANT, WELCOMING COOKBOOK! INSTEAD OF STRUCTURING ITSELF AROUND RIGID RULES AND RESTRICTIONS, IT LEADS BY DELICIOUS EXAMPLE—FIRST WITH LILY'S STORY OF HOW SHE HEALED HERSELF THROUGH FOOD, AND THEN, MOST IMPORTANTLY, WITH DOZENS OF FRESH, WHOLESOME, SUPER-ENTICING RECIPES.” —LUKAS VOLGER, AUTHOR OF BOWL

**SIMPLE GREEN MEALS** JEN HANSARD 2018-09-11 REAL FOOD MAKES A REAL DIFFERENCE AS A BESTSELLING AUTHOR AND CO-FOUNDER OF THE WIDELY POPULAR WEBSITE SIMPLE GREEN SMOOTHIES, JEN KNOWS THE IMPACT FOOD CAN HAVE ON YOUR BODY, YOUR HEALTH AND YOUR DREAMS. BEFORE SWITCHING TO A PLANT-POWERED DIET, JEN HANSARD FELT EXHAUSTED, STRESSED-OUT AND FRUSTRATED WITH HER BODY. AFTER A WAKE-UP CALL FROM HER HUSBAND, SHE SET OFF ON A MISSION TO PUT FOODS IN HER BODY THAT WOULD ALLOW HER TO GO AFTER THE THINGS THAT MATTERED MOST. EMBRACING NUTRIENT-DENSE, NOURISHING WHOLE FOODS GAVE HER THE VITALITY TO DO MORE THAN JUST SURVIVE EACH DAY – SHE WAS ABLE TO LIVE OUT DREAMS THAT HAD BEEN LONG BURIED. FROM CREATING A BACKYARD FAMILY FARM, TO FLYING AN AIRPLANE, TO RUNNING 100KM IN A SINGLE DAY, TO CAMPING AND HIKING THE U.S. NATIONAL PARKS. THROUGH HER JOURNEY CAME HER MISSION: TO HELP OTHERS “FUEL THEIR PASSION” BY EMBRACING DELICIOUS PLANT-POWERED MEALS TO HELP THEM LOOK AND FEEL THEIR BEST. NOW IN SIMPLE GREEN MEALS, SHE BRANCHES OUT TO OFFER QUICK, TASTY, VEGETARIAN MEALS FOR THE WHOLE FAMILY (EVEN MEAT-EATING HUSBANDS). NO MORE RESTRICTING CALORIES OR FAD DIET PROGRAMS. HER PHILOSOPHY IS SIMPLE: EAT MORE PLANTS... HOWEVER AND WHENEVER YOU CAN. WITH TIPS ON MEAL PREP, ADVICE WHEN SHOPPING AND 100+ NEW VEGETARIAN RECIPES FROM QUINOA CORN MUFFINS TO VEGGIE ENCHILADA STACKS AND CAULIFLOWER BUFFALO WINGS, YOU'LL GAIN A NEW APPRECIATION FOR FRESH, PLANT-POWERED MEALS AND WHAT THEY CAN DO FOR YOUR BODY AND YOUR MIND. • BREAKFAST: MAPLE APPLE WALNUT MUFFINS, TEX MEX BREAKFAST BOWL, SWEET POTATO BREAKFAST HASH • SNACKS: SLOW COOKER APPLE SAUCE, MAPLE ALMOND GRANOLA BARS, HONEY NUT TRAIL MIX • SALADS, SOUPS AND SIDES: COCONUT THAI SOUP, SUMMER QUINOA SALAD, CAULIFLOWER BUFFALO WINGS • MAIN DISHES: GARDEN BURGERS, ALMOND BUTTER SWOODLES, POBLANO ENCHILADAS, SAVORY QUINOA PIZZA, CAULIFLOWER BBQ TACOS • DESSERTS: LEMON POPPY SEED CAKE, MANGO MOJITO FRUIT POPS, SALTED CARAMEL BITES, HONEY GINGER COOKIES

**THE WHOLESOME COOK** MARTYNA ANGELL 2015-10-01 REFINED SUGAR-FREE WHOLEFOOD RECIPES FOR THE WAY WE EAT NOW. •PALEO-FRIENDLY •VEGETARIAN AND VEGAN OPTIONS •DAIRY-FREE OPTIONS •GLUTEN-FREE OPTIONS FOR EVERY RECIPE •REAL FOOD RECIPE “THE WHOLESOME COOK ENCAPSULATES THE MODERN WAY TO EAT: WAVING GOODBYE TO ‘FAKE’ FOODS IN OUR DIETS ... MARTYNA'S RECIPES ARE NOT ABOUT FAD DIETS OR QUICK FIXES: THESE ARE RECIPES WHICH WILL INSPIRE A LIFESTYLE CHANGE. THE REAL FOOD LESSONS WE LEARN FROM THE WHOLESOME COOK ARE LIFELONG AND LIFE-CHANGING.” – HETTY MCKINNON, OWNER OF ARTHUR STREET KITCHEN, AUTHOR OF COMMUNITY: SALAD RECIPES FROM ARTHUR STREET KITCHEN THESE DAYS WE ALL WANT TO EAT THE KIND OF FOOD THAT DOESN'T COMPROMISE ON FLAVOUR OR HEALTH – CLEAN WHOLEFOODS, FRESH FRUIT AND VEGETABLES AND PASTURE-RAISED MEAT. BUT WITH SO MANY DIET AND LIFESTYLE CHOICES AVAILABLE, AND FOOD INTOLERANCES AND SENSITIVITIES ON THE RISE, FOODS THAT WORK WELL FOR ONE PERSON MAY NOT NECESSARILY WORK WELL FOR OTHERS. TAKING A UNIQUE APPROACH TO THIS PROBLEM, AWARD-WINNING BLOGGER AND TALENTED

COOK MARTYNA ANGELL BRINGS YOU THE WHOLESOME COOK, MORE THAN 170 BRAND-NEW RECIPES THAT CATER TO COMMON DIETARY RESTRICTIONS AND CHOICES, AS WELL AS YOUR PALATE. THESE DELICIOUS WHOLEFOOD RECIPES ALL HAVE GLUTEN- AND REFINED SUGAR-FREE OPTIONS. MANY ARE PALEO-FRIENDLY, VEGETARIAN, VEGAN, DAIRY-FREE AND LOW FODMAP. THIS FLEXIBILITY WILL HELP YOU TO NAVIGATE TODAY'S LANDSCAPE OF OVER-PROCESSED FOODS AND ADOPT A HEALTHY DIET THAT WORKS FOR YOU AND THOSE AROUND YOU. MARTYNA DRAWS ON HER BACKGROUND AS A HEALTH COACH, REGULAR COLUMNIST FOR NOURISH MAGAZINE AND COOKBOOK RECIPE WRITER TO GIVE YOU STYLISH RECIPES THAT TURN FAVOURITE JUNK FOODS, SUCH AS PIZZA, NACHOS, BURGERS AND CAKE, INTO HEALTHY WHOLEFOOD CLASSICS THAT NOURISH YOUR BODY. THE WHOLESOME COOK IS THE GO-TO GUIDE FOR ANYONE PURSUING A CREATIVE APPROACH TO FOOD AND A HEALTHY BALANCED LIFESTYLE.

PLANT-BASED INDIA SHEIL SHUKLA 2022-08-02 "INDIAN FOOD LIKE YOU'VE NEVER SEEN IT BEFORE-IN A HEALTHY VEGAN COOKBOOK, WITH 100+ RECIPES AND STUNNING PHOTOS"--

**CHOCOLATE-COVERED KATIE** KATIE HIGGINS 2015-01-06 WHAT IF YOU CAN EAT ALL OF YOUR FAVORITE DESSERTS . . . AND STILL BE HEALTHY AND FIT INTO YOUR SKINNY JEANS? MEET KATIE: A GIRL WHO EATS CHOCOLATE EVERY DAY AND SOMETIMES EVEN HAS CAKE FOR BREAKFAST! WHEN KATIE'S SUGAR HABIT WENT TOO FAR IN COLLEGE AND LEFT HER LACKING ENERGY, SHE KNEW SOMETHING NEEDED TO CHANGE. SO SHE BEGAN DEVELOPING HER OWN NATURALLY SWEET RECIPES AND POSTING THEM ONLINE. SOON, KATIE'S HEALTHY DESSERT BLOG HAD BECOME AN INTERNET SENSATION, WITH OVER SIX MILLION MONTHLY VISITORS. NOW, IN HER FIRST COOKBOOK, KATIE SHARES OVER 80 NEVER-BEFORE-SEEN RECIPES, SUCH AS CHOCOLATE OBSESSION CAKE, PEANUT BUTTER PUDDING POPS, AND ULTIMATE UNBAKED BROWNIES, THAT USE ONLY REAL INGREDIENTS, WITHOUT ANY UNNECESSARY FATS, SUGARS, OR EMPTY CALORIES. THESE DESSERTS PROVE ONCE AND FOR ALL THAT HEALTH AND HAPPINESS CAN GO HAND-IN-HAND-YOU CAN HAVE YOUR DESSERT AND EAT IT, TOO!

**BAKELESS SWEETS** FAITH DURAND 2013-05-07 TREATS YOU CAN MAKE WITHOUT PUTTING ON THE OVEN—ALSO INCLUDES MANY GLUTEN-FREE DESSERTS! WITH PLENTY OF PUDDINGS—CHOCOLATE, PISTACHIO, BUTTERSCOTCH, MAPLE BOURBON, RICE PUDDING WITH LEMON—PLUS NUTELLA FLUFF, THAI STICKY RICE WITH MANGO, WHOLESOME "JELLO" MADE WITH FRUIT JUICE, NO-BAKE COOKIES, ICEBOX CAKES WITH WHIPPED CREAM AND GRAHAM CRACKERS, YOU'LL FIND TONS OF SPECIAL, DELICIOUS DESSERTS HERE—AND LOTS OF THEM ARE GLUTEN-FREE TOO. BAKELESS SWEETS IS THE FIRST COOKBOOK TO GIVE YOU ALL OF THESE BELOVED NO-BAKE DESSERTS IN ONE BIG COLLECTION. "THE FACT THAT MOST OF THE RECIPES IN BAKELESS SWEETS ARE NATURALLY GLUTEN-FREE MAKES IT A BOON FOR ANYONE WHO STILL WANTS DECADENT DESSERTS WITHOUT BAKING. ALSO, THERE'S ROOT BEER AND CREAM SODA TERRINE. NEED I SAY MORE?" —SHAUNA JAMES AHERN, AUTHOR OF GLUTEN-FREE GIRL AND THE CHEF

**MINIMALIST BAKER'S EVERYDAY COOKING** DANA SHULTZ 2016-04-26 THE HIGHLY ANTICIPATED COOKBOOK FROM THE IMMENSELY POPULAR FOOD BLOG MINIMALIST BAKER,

*chai-rice-pudding-from-the-blender-girl-cookbook*

FEATURING 101 ALL-NEW SIMPLE, VEGAN RECIPES THAT ALL REQUIRE 10 INGREDIENTS OR LESS, 1 BOWL OR 1 POT, OR 30 MINUTES OR LESS TO PREPARE. DANA SHULTZ FOUNDED THE MINIMALIST BAKER BLOG IN 2012 TO SHARE HER PASSION FOR SIMPLE COOKING AND QUICKLY GAINED A DEVOTED WORLDWIDE FOLLOWING. NOW, IN THIS LONG-AWAITED DEBUT COOKBOOK, DANA SHARES 101 VIBRANT, SIMPLE RECIPES THAT ARE ENTIRELY PLANT-BASED, MOSTLY GLUTEN-FREE, AND 100% DELICIOUS. PACKED WITH GORGEOUS PHOTOGRAPHY, THIS PRACTICAL BUT INSPIRING COOKBOOK INCLUDES: • RECIPES THAT EACH REQUIRE 10 INGREDIENTS OR LESS, CAN BE MADE IN ONE BOWL, OR REQUIRE 30 MINUTES OR LESS TO PREPARE. • DELICIOUS OPTIONS FOR HEARTY ENTRÉES, EASY SIDES, NOURISHING BREAKFASTS, AND DECADENT DESSERTS—ALL ON THE TABLE IN A SNAP • ESSENTIAL PLANT-BASED PANTRY AND EQUIPMENT TIPS • EASY-TO-FOLLOW, STEP-BY-STEP RECIPES WITH STANDARD AND METRIC INGREDIENT MEASUREMENTS MINIMALIST BAKER'S EVERYDAY COOKING IS A TOTALLY NO-FUSS APPROACH TO COOKING FOR ANYONE WHO LOVES DELICIOUS FOOD THAT HAPPENS TO BE HEALTHY TOO.

**CRAZY SEXY JUICE** KRIS CARR 2015-10-20 HELLO, GORGEOUS! WELCOME TO A JUICING AND BLENDING ADVENTURE! IF YOU'VE PICKED UP THIS BOOK, IT'S LIKELY THAT YOU'RE LOOKING TO BRING MORE ZING INTO YOUR LIFE. PERHAPS YOU'RE FEELING A LITTLE TIRED. BLOATED. OUT OF SORTS. WHATEVER IT IS, YOU'VE COME TO THE RIGHT PLACE. GET READY TO SAY GOOD-BYE TO FEELING MEH AND HELLO TO FEELING FABULOUS! IN CRAZY SEXY JUICE, WELLNESS ADVOCATE AND NEW YORK TIMES BEST-SELLING AUTHOR KRIS CARR TEACHES YOU EVERYTHING YOU NEED TO KNOW ABOUT CREATING FRESH, NUTRITIOUS JUICES AND SMOOTHIES, AND CREAMY, INDULGENT NUT AND SEED MILKS. WITH ENOUGH RECIPES TO KEEP YOUR JUICER AND BLENDER HUMMING THROUGH EVERY SEASON, SHE SHOWS YOU HOW TO FIT THEM INTO YOUR LIFE, HELPING YOU MAKE HEALTH DEPOSITS – INSTEAD OF WITHDRAWALS! CHA-CHING! SHE GUIDES YOU THROUGH HER WONDERFUL WORLD BY TEACHING YOU: • HOW TO CREATE FLAVOR COMBINATIONS THAT TANTALIZE YOUR TASTE BUDS • HOW TO CHOOSE THE BEST JUICER, BLENDER, AND KITCHEN TOOLS • WAYS TO SAVE MONEY WHILE PRIORITIZING FRESH, ORGANIC PRODUCE • TROUBLESHOOTING ADVICE FOR COMMON KITCHEN MISHAPS • TIPS FOR SELECTION, STORAGE, AND PREPARATION OF INGREDIENTS • ANSWERS TO FREQUENTLY ASKED QUESTIONS AND HEALTH CONCERNS • SUGGESTIONS FOR JUICING AND BLENDING ON THE GO • TIPS ON HOW TO GET YOUR FAMILY ONBOARD AND MAKE THIS LIFESTYLE STICK • AND OH, SO MUCH MORE... WHETHER YOU'RE AN OLD PRO AT MAKING LIQUID MAGIC OR JUST STARTING OUT, KRIS WILL HELP YOU EXPERIENCE JUICING AND BLENDING AS A FUN AND DELICIOUS JOURNEY INTO THE TRANSFORMATIVE POWERS OF FRUITS AND VEGGIES! BY SIMPLY ADDING THESE NUTRIENT-DENSE BEVERAGES TO YOUR DAILY LIFE, YOU CAN TAKE CONTROL OF YOUR HEALTH – ONE SIP AT A TIME. WITH MORE THAN 100 SCRUMPTIOUS RECIPES AND OODLES OF INFORMATION, YOU'LL BE READY TO DIVE INTO A JUICING PARADISE. CHEERS TO THAT! INCLUDES AN EASY AND ENERGIZING 3-DAY CLEANSE!

**SAFFRON SOUL** MIRA MANEK 2017-05-04 INDIAN FOOD IS AN INTERNATIONALLY POPULAR

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CUISINE, YET, UNFAIRLY, IT IS OFTEN CONSIDERED TO BE HEAVY, RICH AND INDULGENT. WITH MORE PEOPLE THAN EVER BEFORE TURNING TO HEALTHY HOME COOKING THERE HAS NEVER BEEN A BETTER TIME FOR A FRESH AND LIGHTER TAKE ON INDIAN FOOD - ONE THAT MIRA IS CREATING WITH HER VIBRANT AND HEALTHY COOKING STYLE. INSPIRED BY HER MOTHER AND GRANDMOTHERS' COOKING, MIRA MANEK'S STYLE OF FOOD IS A MODERN INTERPRETATION OF THE INDIAN CLASSICS, CREATING UTTERLY DELICIOUS AND NATURALLY HEALTHY DISHES. WHETHER YOU WANT TO COOK A SUMMER SAFFRON CHIA POT, AN INDIAN SUMMER SALAD, A THALI, A MASALA AND NUT MILK OR A MANGO YOGHURT CHEESECAKE, SAFFRON SOUL COMBINES THE BEST OF THE CORE ELEMENTS OF INDIAN COOKING WITH ORIGINAL HEALTH-PROMOTING TWISTS. AS WELL AS OFFERING THE BEST AND MOST NATURALLY HEALTHY GUJARATI RECIPES, MIRA ALSO RECREATES SOME PERENNIAL FAVOURITES, REPLACING TRADITIONALLY USED GRAINS AND SUGAR WITH MORE NUTRITIOUS INGREDIENTS SUCH AS MILLET, CHIA AND JAGGERY, AND CUTTING DOWN ON OILS AND FATS, TO MAKE HER DISHES EVEN HEALTHIER. WHETHER COOKING A FILLING SPICY CURRY, A SOULFUL BRUNCH, A NUTRITIOUS LIGHT MEAL OR A LUSCIOUS DESSERT, MIRA'S DISHES VIBRANTLY BURST WITH COLOUR AND A RICHNESS OF FLAVOUR AND SPICE, EACH FIT FOR A FEAST.

**THE BLENDER GIRL** TESS MASTERS 2014-04-08 THE DEBUT COOKBOOK FROM THE POWERHOUSE BLOGGER BEHIND THEBLENDERGIRL.COM, FEATURING 100 GLUTEN-FREE, VEGAN RECIPES FOR SMOOTHIES, MEALS, AND MORE MADE QUICKLY AND EASILY IN A BLENDER. WHAT'S YOUR PERFECT BLEND? ON HER WILDLY POPULAR RECIPE BLOG, TESS MASTERS—AKA, THE BLENDER GIRL—SHARES EASY PLANT-BASED RECIPES THAT ANYONE CAN WHIP UP FAST IN A BLENDER. 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 100 WHOLE-FOOD RECIPES THAT ARE GLUTEN-FREE AND VEGAN, AND RELY ON NATURAL FLAVORS AND SWEETENERS. MANY ARE ALSO RAW AND NUT-, SOY-, CORN-, AND SUGAR-FREE. SMOOTHIES, SOUPS, AND SPREADS ARE A GIVEN IN A BLENDER COOKBOOK, BUT THIS SURPRISINGLY VERSATILE COLLECTION ALSO INCLUDES APPETIZERS, SALADS, AND MAIN DISHES WITH A BLENDED COMPONENT, LIKE FRESH SPRING ROLLS WITH ORANGE-ALMOND SAUCE, TWISTED CAESAR PLEASER, SPICY CHICKPEA BURGERS WITH PORTOBELLO BUNS AND GREENS, AND I-LOVE-VEGGIES! BAKE. AND EVEN THOUGH MANY OF TESS'S SMOOTHIES AND SHAKES TASTE LIKE DESSERT—APPLE PIE IN A GLASS, RASPBERRY-LEMON CHEESECAKE, OR TASTES-LIKE-ICE- CREAM KALE, ANYONE?—HER ACTUAL DESSERTS ARE OUT-OF-THIS-WORLD GOOD, FROM CHOCOLATE-CHILE BANANA SPILLY TO FLOURLESS TRIPLE-PECAN MOUSSE PIE AND CHAI RICE PUDDING. BEST OF ALL, EVERY RECIPE CAN EASILY BE ADJUSTED TO YOUR PERSONAL TASTE: ADD AN EXTRA SQUEEZE OF THIS, ANOTHER HANDFUL OF THAT, OR LEAVE SOMETHING OUT ALTOGETHER— THESE DISHES ARE SUPER FORGIVING, SO YOU CAN'T MESS THEM UP. DETAILS ON THE BENEFITS OF SOAKING, SPROUTING, AND DEHYDRATING; PROPER FOOD COMBINING; AND EATING RAW, PROBIOTIC-RICH, AND ALKALINE INGREDIENTS ROUND OUT THIS NUTRIENT-DENSE GUIDE. BUT YOU DON'T HAVE TO UNDERSTAND THE

SCIENCE OF GOOD NUTRITION TO RUN WITH THE BLENDER GIRL—ALL YOU NEED IS A BLENDER AND A SENSE OF ADVENTURE. SO DUST OFF YOUR MACHINE AND GET READY TO FIND YOUR PERFECT BLEND.

**SUMMERS UNDER THE TAMARIND TREE** SUMAYYA USMANI 2016-04-07 SUMMERS UNDER THE TAMARIND TREE IS A CONTEMPORARY PAKISTANI COOKBOOK CELEBRATING THE VARIED, EXCITING AND OFTEN-OVERLOOKED CUISINE OF A BEAUTIFUL COUNTRY. IN IT, FORMER LAWYER-TURNED-FOOD WRITER AND COOKERY TEACHER SUMAYYA USMANI CAPTURES THE RICH AND AROMATIC PLEASURE OF PAKISTANI COOKING THROUGH MORE THAN 100 RECIPES. SHE ALSO CELEBRATES THE HERITAGE AND TRADITIONS OF HER HOME COUNTRY AND LOOKS BACK ON A HAPPY CHILDHOOD SPENT IN THE KITCHEN WITH HER GRANDMOTHER AND MOTHER. PAKISTANI FOOD IS INFLUENCED BY SOME OF THE WORLD'S GREATEST CUISINES. WITH A RICH COASTLINE, IT ENJOYS SPICED SEAFOOD AND AMAZING FISH DISHES; WHILE ITS BORDERS WITH IRAN, AFGHANISTAN, INDIA AND CHINA ENSURE STRONG ARABIC, PERSIAN AND VARIED ASIAN FLAVOURS. SUMAYYA BRINGS THESE TOGETHER BEAUTIFULLY SHOWCASING THE EXOTIC YET ACHIEVABLE RECIPES OF PAKISTAN.

**BORN TO EAT** WENDY JO PETERSON 2017-05-16 EATING IS AN INNATE SKILL THAT MARKETING SCHEMES AND DIET CULTURE HAVE OVERCOMPLICATED. IN RECENT DECADES, WE HAVE BEGUN OVERTHINKING OUR FOOD, WHICH HAS LED TO CHRONIC DIETING, DISORDERED EATING, BODY DISTRUST, AND EPIDEMIC LEVELS OF CONFUSION ABOUT THE BEST WAY TO FEED OURSELVES AND OUR FAMILIES. WE CAN RAISE KIDS WITH CONFIDENCE IN THEIR FOOD AND BODIES FROM BABY'S FIRST BITE! WE ARE ALL BORN TO EAT, AND IT SEEMS ONLY NATURAL FOR US TO START AT THE BEGINNING—WITH OUR BABIES. WHEN BABIES SHOW SIGNS OF READINESS FOR SOLID FOODS, THEY CAN EAT ALMOST EVERYTHING THE FAMILY EATS AND BECOME COMPETENT, HAPPY EATERS. BY HONORING SELF-REGULATION AND USING A FAMILY FOOD FOUNDATION, WE CAN SUPPORT AN INTUITIVE EATING APPROACH FOR EVERYONE AROUND THE TABLE. WITH A FOCUS ON SELF-FEEDING AND A BABY-LED WEANING APPROACH, NUTRITIONISTS AND WELLNESS EXPERTS LESLIE SCHILLING AND WENDY JO PETERSON PROVIDE AGE-BASED ADVICE, STEP-BY-STEP INSTRUCTIONS, SELF-CARE HELP FOR PARENTS, AND EASY RECIPES TO ENSURE THAT YOUR INFANT IS INTRODUCED TO SOLID, TASTY FOOD AS EARLY AS POSSIBLE. IT'S TIME TO KICK DIET CULTURE OUT OF OUR HOMES!

**DAIRY-FREE COOKBOOK** JANE ZUKIN 1991 DISCUSSES LACTOSE INTOLERANCE AND THE NEED FOR CALCIUM IN THE DIET, AND SHARES RECIPES FOR APPETIZERS, BEVERAGES, BREADS, SOUPS, SALADS, MEAT, POULTRY, SEAFOOD, VEGETABLES, CAKES, PUDDINGS, AND FROZEN DESSERTS

**THE JUICE GENERATION** ERIC HELMS 2014-01-14 FROM ONE OF AMERICA'S FOREMOST AND PIONEERING JUICING COMPANIES COMES A BEAUTIFULLY ILLUSTRATED GUIDE TO CREATING RESTORATIVE AND ENERGIZING JUICES AND SMOOTHIES; AS WELL AS PREPARING NUTRITION-RICH, BLENDED SUPERFOODS. WELCOME TO THE JUICE GENERATION! REFRESH, RESTORE, AND REJUVENATE GET READY TO LIVE JUICY WITH THE JUICE GENERATION. FRESH JUICES AND SUPERFOOD SMOOTHIES WILL HELP YOU FEEL ENERGIZED AND INVIGORATED WITH GLOWING SKIN AND A CLEAR MIND. THE REVITALIZING RECIPES AND TIPS WILL MAKE YOU FEEL LIGHTER

AND BRIGHTER, INSIDE AND OUT. FEATURING MORE THAN 100 REFRESHING, HEALTH-BOOSTING, SPIRIT-LIFTING RECIPES THE JUICE GENERATION OFFERS PRACTICAL, DOWN-TO-EARTH INSTRUCTIONS FOR MAKING RESTORATIVE AND GREAT-TASTING VEGETABLE AND FRUIT JUICES, SMOOTHIES, AND TONICS. GET ON THE GREEN CURVE AND MOVE CONFIDENTLY FROM SMOOTHIES TO GREEN DRINKS WHETHER YOU'RE NEWLY JUICE CURIOUS, OR ALREADY AN OLD PRO, THE JUICE GENERATION'S PLAN WILL LEAD YOU TO THE ENDLESS BENEFITS AND POSSIBILITIES OF SQUEEZING, CRUSHING, AND GRINDING, AND HELP YOU INTEGRATE THE JOYS OF JUICING AND BLENDING INTO YOUR BUSY LIFE. JUICING TOOLS FOR DETOXING AND HEALING THE JUICE GENERATION INCLUDES DETOXING CLEANSERS AS WELL AS FLU-FIGHTING ELIXIRS AND PLENTY OF RECIPES AND GREAT ADVICE FROM SOME OF ITS BIGGEST SUPPORTERS, INCLUDING BLAKE LIVELY, MICHELLE WILLIAMS, EDWARD NORTON, JASON BATEMAN, AND MARTHA STEWART.

**A COUPLE COOKS - PRETTY SIMPLE COOKING** SONJA OVERHISER 2018-02-06 POPULAR HUSBAND-AND-WIFE BLOGGERS AND PODCASTERS (ACOUPLECOOKS.COM) OFFER 100 RECIPES WITH AN EMPHASIS ON WHOLE FOODS AND GETTING INTO THE KITCHEN TOGETHER. THE COUPLE'S NON-DIET APPROACH FEATURES SIMPLE LIFESTYLE CHANGES TO MAKE HEALTHY COOKING SUSTAINABLE, RATHER THAN A SHORT-TERM FIX. A LOVE STORY AT ITS FINEST, ALEX AND SONJA OVERHISER FIRST FELL FOR EACH OTHER--AND THEN THE KITCHEN. IN A MATTER OF MONTHS, THE WRITER-PHOTOGRAPHER DUO WENT FROM EATING FAST AND FROZEN FOOD TO REGULARLY COOKING VEGETARIAN MEALS FROM SCRATCH. TOGETHER, THE TWO UNRAVELED A "PRETTY SIMPLE" APPROACH TO HOME COOKING THAT KICKS THE DIET IN FAVOR OF LONG-TERM LIFESTYLE CHANGES. WHILE COOKING ISN'T ALWAYS EASY OR QUICK, IT CAN BE PRETTY SIMPLE BY FINDING LOVE IN THE PROCESS. A COUPLE COOKS | PRETTY SIMPLE COOKING IS AN IRRESISTIBLE COMBINATION OF SPIRITED WRITING, NOURISHING RECIPES WITH A MEDITERRANEAN FLAIR, AND VIBRANT PHOTOGRAPHY. DUBBED A "VEGETARIAN COOKBOOK FOR NON-VEGETARIANS", IT'S A BEAUTIFUL BOOK THAT'S FOOD FOR THOUGHT, AT THE SAME TIME PROVIDING REAL FOOD RECIPES FOR EATING AROUND THE TABLE. THE BOOK FEATURES: 100 VEGETARIAN RECIPES, WITH 75 VEGAN AND 90 GLUTEN-FREE OPTIONS A FULL-COLOR PHOTOGRAPH FOR EVERY RECIPE RECIPES ARRANGED FROM QUICKEST TO MORE TIME-CONSUMING 10 LIFE LESSONS FOR A SUSTAINABLY HEALTHY APPROACH TO COOKING, ARTFULLY ILLUSTRATED WITH A CUSTOM WATERCOLOR

**THE CHINA STUDY ALL-STAR COLLECTION** LEANNE CAMPBELL 2014-05-06 FOLLOWING HER BESTSELLING THE CHINA STUDY COOKBOOK, LEANNE CAMPBELL BRINGS TOGETHER TOP NAMES IN THE PLANT-BASED COMMUNITY TO SHARE THEIR FAVORITE AND MOST DELICIOUS RECIPES IN THE CHINA STUDY ALL-STAR COLLECTION. FEATURING YOUR FAVORITE CHEFS AND COOKBOOKS AUTHORS, THE CHINA STUDY ALL-STAR COLLECTION INCLUDES FOODS FROM HAPPY HERBIVORE CHEF LINDSAY S. NIXON; DEL SROUFE, AUTHOR OF THE NEW YORK TIMES BESTSELLER FORKS OVER KNIVES COOKBOOK; LAURA THEODORE, HOST OF PBS' JAZZY VEGETARIAN; AND PIONEERING RESEARCHER DR. JOHN MCDUGALL, WHICH ALL FOLLOW THE NUTRITION STANDARDS SET FORTH BY THE CHINA STUDY. EVEN BETTER, WITH

DELECTABLE DISHES SUCH AS DREENA BURTON'S SNEAKY CHICKPEA BURGERS, HEATHER CROSBY'S PEPPERMINT CHOCOLATE CHUNK ICE CREAM, CHRISTY MORGAN'S FIESTA QUINOA SALAD AND CHRISTINA ROSS'S DAIKON MUSHROOM FETTUCCINE, THIS COLLECTION OF RECIPES HAS YOU COVERED FOR ANY OCCASION OR CRAVING. WITH AN INTRODUCTION FROM THE CHINA STUDY CO-AUTHOR DR. T. COLIN CAMPBELL, THE CHINA STUDY ALL-STAR COLLECTION IS THE ULTIMATE PLANT-BASED COOKBOOK FOR HEALTHFUL, SAVORY EATING. **ONE GOOD DISH** DAVID TANIS 2013-10-22 IN THIS, HIS FIRST NON-MENU COOKBOOK, THE NEW YORK TIMES FOOD COLUMNIST OFFERS 100 UTTERLY DELICIOUS RECIPES THAT EPITOMIZE COMFORT FOOD, TANIS-STYLE. INDIVIDUALLY OR IN COMBINATION, THEY MAKE PERFECT LITTLE MEALS THAT ARE ELEMENTAL AND ACCESSIBLE, YET TOTALLY SURPRISING—AND THERE'S SOMETHING TO LEARN ON EVERY PAGE. AMONG THE CHAPTER TITLES THERE'S "BREAD MAKES A MEAL," WHICH INCLUDES SUCH ALLURING RECIPES AS A HAM AND GRUYÈRE BREAD PUDDING, SPAGHETTI AND BREAD CRUMBS, BREADED EGGPLANT CUTLETS, AND DAVID'S VERSION OF EGG-IN-A-HOLE. A CHAPTER CALLED "MY KIND OF SNACK" INCLUDES QUAIL EGGS WITH FLAVORED SALT; SPECKLED SUSHI RICE WITH TOASTED NORI; POLENTA PIZZA WITH CRUMBLER SAGE; RAW BEET TARTARE; AND MACKEREL RILLETTES. THE RECIPES IN "VEGETABLES TO ENVY" RANGE FROM A SOUTH INDIAN DISH OF CABBAGE WITH BLACK MUSTARD SEEDS TO FRENCH GRANDMOTHER-STYLE VEGETABLES. "STRIKE WHILE THE IRON IS HOT" IS ALL ABOUT SEARING AND QUICK COOKING IN A CAST-IRON SKILLET. ANOTHER CHAPTER HIGHLIGHTS DISHES YOU CAN EAT FROM A BOWL WITH A SPOON. AND SO IT GOES, WITH ONE IRREPRESSIBLE CHAPTER AFTER ANOTHER, ONE PERFECT FOOD MOMENT AFTER ANOTHER: THIS IS A BOOK WITH RECIPES TO CRAVE.

**CHOOSING RAW** GENA HAMSHAW 2014-07-01 AN ACCESSIBLE PLAN FOR ANYONE TRANSITIONING TO A HEALTHY, PLANT-BASED DIET THAT HIGHLIGHTS DELICIOUS, EASY VEGAN AND RAW RECIPES.

**GO DAIRY FREE** ALISA FLEMING 2018-06-12 IF ONE SIMPLE CHANGE COULD RESOLVE MOST OF YOUR SYMPTOMS AND PREVENT A HOST OF ILLNESSES, WOULDN'T YOU WANT TO TRY IT? GO DAIRY FREE SHOWS YOU HOW! THERE ARE PLENTY OF REASONS TO GO DAIRY FREE. MAYBE YOU ARE CONFRONTING ALLERGIES OR LACTOSE INTOLERANCE. MAYBE YOU ARE DEALING WITH ACNE, DIGESTIVE ISSUES, SINUS TROUBLES, OR ECZEMA—ALL PROVEN TO BE ASSOCIATED WITH DAIRY CONSUMPTION. MAYBE YOU'RE LOOKING FOR LONGER-TERM DISEASE PREVENTION, WEIGHT LOSS, OR FOR HELP TRANSITIONING TO A PLANT-BASED DIET. WHATEVER YOUR REASON, GO DAIRY FREE IS THE ESSENTIAL ARSENAL OF INFORMATION YOU NEED TO CHANGE YOUR DIET. THIS COMPLETE GUIDE AND COOKBOOK WILL BE YOUR VITAL COMPANION TO UNDERSTAND DAIRY, HOW IT AFFECTS YOU, AND HOW YOU CAN ELIMINATE IT FROM YOUR LIFE AND IMPROVE YOUR HEALTH—WITHOUT FEELING LIKE YOU'RE SACRIFICING A THING. INSIDE: • MORE THAN 250 DELICIOUS DAIRY-FREE RECIPES FOCUSING ON NATURALLY RICH AND DELICIOUS WHOLE FOODS, WITH NUMEROUS OPTIONS TO SATISFY THOSE DAIRY CRAVINGS • A COMPREHENSIVE GUIDE TO DAIRY SUBSTITUTES EXPLAINING HOW TO PURCHASE, USE, AND MAKE YOUR OWN ALTERNATIVES FOR BUTTER, CHEESE, CREAM, MILK,

AND MUCH MORE • MUST-HAVE GROCERY SHOPPING INFORMATION, FROM SUSSING OUT SUSPECT INGREDIENTS AND LABEL-READING ASSISTANCE TO MONEY-SAVING TIPS • A DETAILED CHAPTER ON CALCIUM TO IDENTIFY NATURALLY MINERAL-RICH FOODS BEYOND DAIRY, THE BEST SUPPLEMENTS, AND OTHER KEYS TO BONE HEALTH • AN IN-DEPTH HEALTH SECTION OUTLINING THE SIGNS AND SYMPTOMS OF DAIRY-RELATED ILLNESSES AND ADDRESSING QUESTIONS AROUND PROTEIN, FAT, AND OTHER NUTRIENTS IN THE DAIRY-FREE TRANSITION • EVERYDAY LIVING TIPS WITH SUGGESTIONS FOR RESTAURANT DINING, TRAVEL, CELEBRATIONS, AND OTHER SOCIAL SITUATIONS • INFANT MILK ALLERGY CHECKLISTS THAT DESCRIBE INDICATORS AND SOLUTIONS FOR BABIES AND YOUNG CHILDREN WITH MILK ALLERGIES OR INTOLERANCES • FOOD ALLERGY- AND VEGAN-FRIENDLY RESOURCES, INCLUDING RECIPE INDEXES TO QUICKLY FIND GLUTEN-FREE AND OTHER TOP FOOD ALLERGY-FRIENDLY OPTIONS AND FULLY TESTED PLANT-BASED OPTIONS FOR EVERY RECIPE

**THE SPROUTED KITCHEN** SARA FORTE 2012-08-28 SPROUTED KITCHEN FOOD BLOGGER SARA FORTE SHOWCASES 100 TEMPTING RECIPES THAT TAKE ADVANTAGE OF FRESH PRODUCE, WHOLE GRAINS, LEAN PROTEINS, AND NATURAL SWEETENERS—WITH VIVID FLAVORS AND SEASONAL SIMPLICITY AT THE FOREFRONT. SARA FORTE IS A FOOD-LOVING, WELLNESS-CRAVING VEGGIE ENTHUSIAST WHO RELISHES SHARING A WHOLESOME MEAL WITH FRIENDS AND FAMILY. THE SPROUTED KITCHEN FEATURES 100 OF HER MOST MOUTHWATERING RECIPES. RICHLY ILLUSTRATED BY HER PHOTOGRAPHER HUSBAND, HUGH FORTE, THIS BRIGHT, VIVID BOOK CELEBRATES THE SIMPLE BEAUTY OF SEASONAL FOODS WITH ORIGINAL RECIPES—PLUS A FEW FAVORITES FROM HER POPULAR SPROUTED KITCHEN FOOD BLOG TOSSED IN FOR GOOD MEASURE. THE COLLECTION FEATURES TASTY SNACKS ON THE GO LIKE GRANOLA PROTEIN BARS, GLUTEN-FREE BRUNCH OPTIONS LIKE CORNMEAL CAKES WITH CHERRY COMPOTE, DINNER PARTY DISHES LIKE SEARED SCALLOPS ON BLACK QUINOA WITH POMEGRANATE GASTRIQUE, “MEATY” VEGETARIAN MEALS LIKE BEER BEAN- AND COTIJA-STUFFED POBLANOS, AND SWEET TREATS LIKE COCOA HAZELNUT CUPCAKES. FROM

BREAKFAST TO DINNER, SNACK TIME TO HAPPY HOUR, THE SPROUTED KITCHEN WILL HELP YOU SNEAK A BIT OF DELICIOUS INDULGENCE IN AMONG THE VEGETABLES.

THE FELLOWSHIP OF THE RING J.R.R. TOLKIEN 2012-02-15 BEGIN YOUR JOURNEY INTO MIDDLE-EARTH... THE INSPIRATION FOR THE UPCOMING ORIGINAL SERIES ON PRIME VIDEO, THE LORD OF THE RINGS: THE RINGS OF POWER. THE FELLOWSHIP OF THE RING IS THE FIRST PART OF J.R.R. TOLKIEN'S EPIC ADVENTURE THE LORD OF THE RINGS. ONE RING TO RULE THEM ALL, ONE RING TO FIND THEM, ONE RING TO BRING THEM ALL AND IN THE DARKNESS BIND THEM. SAURON, THE DARK LORD, HAS GATHERED TO HIM ALL THE RINGS OF POWER—THE MEANS BY WHICH HE INTENDS TO RULE MIDDLE-EARTH. ALL HE LACKS IN HIS PLANS FOR DOMINION IS THE ONE RING—THE RING THAT RULES THEM ALL—WHICH HAS FALLEN INTO THE HANDS OF THE HOBBIT, BILBO BAGGINS. IN A SLEEPY VILLAGE IN THE SHIRE, YOUNG FRODO BAGGINS FINDS HIMSELF FACED WITH AN IMMENSE TASK, AS HIS ELDERLY COUSIN BILBO ENTRUSTS THE RING TO HIS CARE. FRODO MUST LEAVE HIS HOME AND MAKE A PERILOUS JOURNEY ACROSS MIDDLE-EARTH TO THE CRACKS OF DOOM, THERE TO DESTROY THE RING AND FOIL THE DARK LORD IN HIS EVIL PURPOSE.

**PASSIONATE ABOUT BAKING** DEEBA RAJPAL 2021-05-15 A HOME BAKER FOR OVER 20 YEARS, FOOD STYLIST AND PHOTOGRAPHER DEEBA RAJPAL PUT HER PASSION TO THE TEST WHEN SHE DECIDED TO BLOG ABOUT HER ADVENTURES IN THE KITCHEN. SOON, HER SIMPLE YET DELECTABLE DESSERT RECIPES ACCOMPANIED BY BEAUTIFUL, EVOCATIVE IMAGERY STRUCK A CHORD WITH PEOPLE ACROSS THE GLOBE, TURNING HER BLOG, PASSIONATE ABOUT BAKING, INTO ONE OF THE MOST POPULAR BLOGS IN THE COUNTRY. INSPIRED BY HER BLOG, THIS BOOK IS A COLLECTION OF SOME OF HER MOST LOVED CHOCOLATE DESSERT RECIPES FOR EVERY KIND OF INDULGENCE. WITH HEALTHY, TASTY YET EASY-TO-MAKE CHOCOLATE DELIGHTS -- FROM TARTS, TEA CAKES AND CUPCAKES TO COOKIES, TRAYBAKES AND CAKES FOR SPECIAL OCCASIONS -- AND SIMPLE TIPS AND TRICKS, DEEBA SHOWS YOU HOW WORKING WITH CHOCOLATE CAN BE OH SO FUN!