

Raw Vegan Chai Spiced Hot Chocolate

THIS IS LIKEWISE ONE OF THE FACTORS BY OBTAINING THE SOFT DOCUMENTS OF THIS **RAW VEGAN CHAI SPICED HOT CHOCOLATE** BY ONLINE. YOU MIGHT NOT REQUIRE MORE PERIOD TO SPEND TO GO TO THE BOOK LAUNCH AS WITH EASE AS SEARCH FOR THEM. IN SOME CASES, YOU LIKEWISE PULL OFF NOT DISCOVER THE REVELATION RAW VEGAN CHAI SPICED HOT CHOCOLATE THAT YOU ARE LOOKING FOR. IT WILL AGREED SQUANDER THE TIME.

HOWEVER BELOW, CONSIDERING YOU VISIT THIS WEB PAGE, IT WILL BE AS A RESULT ENORMOUSLY EASY TO ACQUIRE AS COMPETENTLY AS DOWNLOAD LEAD RAW VEGAN CHAI SPICED HOT CHOCOLATE

IT WILL NOT CONSENT MANY EPOCH AS WE NOTIFY BEFORE. YOU CAN PULL OFF IT WHILE FEIGN SOMETHING ELSE AT HOME AND EVEN IN YOUR WORKPLACE. CONSEQUENTLY EASY! So, ARE YOU QUESTION? JUST EXERCISE JUST WHAT WE FIND THE MONEY FOR UNDER AS WITHOUT DIFFICULTY AS EVALUATION **RAW VEGAN CHAI SPICED HOT CHOCOLATE** WHAT YOU GONE TO READ!

SIMPLE RECIPES FOR JOY SHARON GANNON 2016-03-08 INCREDIBLE PLANT-BASED RECIPES FROM THE WORLD-RENOWNED FOUNDER OF THE JIVAMUKTI YOGA METHOD AND THE JIVAMUKTEA CAFÉ. SINCE 1984, JIVAMUKTI YOGA HAS BEEN SYNONYMOUS WITH A NEW WAY OF LIVING: PEACEFULLY, HEALTHFULLY, AND CONSCIOUSLY. IN 2006, SHARON GANNON AND DAVID LIFE OPENED THE JIVAMUKTEA CAFÉ IN NEW YORK CITY TO COMPLEMENT THEIR YOGA SCHOOL AS A LIVING EXPRESSION OF HOW COMPASSIONATE SPIRITUAL ACTIVISM CAN BE PUT TO PRACTICAL USE. THE PEACEFUL AMBIENCE, THE CAMARADERIE, AND, MOST OF ALL, THE DELICIOUS, HEARTY FARE STRUCK A CHORD WITH PATRONS WHO WERE THRILLED TO ELIMINATE MEAT AND DAIRY FROM THEIR DIETS WITHOUT SACRIFICING TASTE. GANNON REVEALS THE SECRETS BEHIND THE CAFÉ'S ACCLAIMED MENU AND SHOWCASES HER OWN HOME-COOKING, WITH RECIPES SHE'S BEEN MAKING FOR FAMILY AND FRIENDS FOR DECADES—FROM CREAMY WILD MUSHROOM SOUP, TO CAJUN-MEXICAN-INSPIRED JAMBALAYA, TO HER SIGNATURE CHOCOLATE MOUSSE. HER RECIPES ARE PAIRED WITH GORGEOUS COLOR PHOTOS BY AWARD-WINNING PHOTOGRAPHER FRANK GUZMAN. THE HARDCOVER IS FEATURED IN RACHAEL RAY'S 2015 GO VEGAN GUIDE AND WAS NAMED A BEST FALL COOKBOOK BY WELL + GOOD. WHETHER YOU'RE A STALWART VEGAN OR ONE OF THE MILLIONS OF PEOPLE WHO EAT VEGAN PART-TIME FOR HEALTH AND ENVIRONMENTAL BENEFITS, GANNON'S ACCESSIBLE, DELICIOUS, AND SPIRITUALLY POWERFUL RECIPES WILL BRING JOY TO YOUR TABLE AND TRANQUILLITY TO YOUR LIFE.

VEGANS KNOW HOW TO PARTY NANCY BERKOFF 2010-12-13 A FESTIVE AND CREATIVE COLLECTION OF NOT ONLY VEGAN RECIPES BUT TIPS TO MAKE YOUR PARTY A SUCCESS FROM START TO FINISH!

WHOLE FOOD COOKING EVERY DAY AMY CHAPLIN 2019-09-17 "THERE'S NO SHORTAGE

OF VEGETARIAN COOKBOOKS OUT THERE, BUT IT'S RARE THAT I FIND ONE THAT INSPIRES ME PAGE AFTER PAGE AS MUCH AS AMY CHAPLIN'S WHOLE FOOD COOKING EVERY DAY." —BON APPÉTIT EATING WHOLE FOODS CAN TRANSFORM A DIET, AND MASTERING THE ART OF COOKING THESE FOODS CAN BE EASY WITH THE PROPER TECHNIQUES AND STRATEGIES. IN 20 CHAPTERS, CHAPLIN SHARES INGENIOUS RECIPES INCORPORATING THE FOODS THAT ARE KEY TO A HEALTHY DIET: SEEDS AND NUTS, FRUITS AND VEGETABLES, WHOLE GRAINS, AND OTHER PLANT-BASED FOODS. CHAPLIN OFFERS HER SECRETS FOR EATING HEALTHY EVERY DAY: MASTERING SOME KEY RECIPES AND RELIABLE TECHNIQUES AND THEN VARYING THE INGREDIENTS BASED ON THE OCCASION, THE SEASON, AND WHAT YOU'RE CRAVING. ONCE THE READER LEARNS ONE OF CHAPLIN'S BASE RECIPES, WHETHER FOR GLUTEN-FREE MUFFINS, MILLET PORRIDGE, OR BAKED MARINATED TEMPEH, THE WAYS TO ADAPT AND CUSTOMIZE IT ARE ENDLESS: CHANGE THE FRUIT DEPENDING ON THE SEASON, INCLUDE NUTS OR SEEDS FOR EXTRA PROTEIN, OR EVEN CHANGE THE DRESSING OR FLAVORING TO KEEP A DIET VARIED. CHAPLIN ENCOURAGES READERS TO SEEK OUT LOCAL AND ORGANIC INGREDIENTS, STOCK THEIR PANTRIES WITH NUTRIENT-RICH WHOLE FOOD INGREDIENTS, PREP AHEAD OF TIME, AND, MOST IMPORTANT, COOK AT HOME.

FOOD TO MAKE YOU GLOW LOLA BERRY 2017-02-28 WHETHER YOU'RE LOOKING TO BOOST ENERGY LEVELS, MANAGE STRESS OR ACHIEVE HEALTHY AND SUSTAINABLE WEIGHT LOSS, EATING THE RIGHT FOOD IS A CRUCIAL PIECE OF THE PUZZLE. IN FOOD TO MAKE YOU GLOW, NUTRITIONIST LOLA BERRY SHARES THE KEY WHOLE FOODS TO SUPPORT SPECIFIC HEALTH GOALS: HAPPINESS, ENERGY, BEAUTY, IMMUNITY, CALMING, WEIGHT LOSS AND DETOX. AS WELL AS 90 DELICIOUS RECIPES BASED AROUND THESE WHOLEFOOD HEROES, LOLA RECOMMENDS THE BEST HERBAL TEAS, LIFESTYLE TIPS, EXERCISES AND ACTIVITIES FOR EACH HEALTH GOAL. WANT TO KEEP THE BADDIES AT BAY AND SUPPORT YOUR IMMUNE SYSTEM?

GO FOR RECIPES FEATURING IMMUNE-BOOSTING RED MEAT, GARLIC OR SEEDS, SUCH AS THE LUCKY LAMB CHOPS WITH GREEN PEA SMASH OR COCONUT FRUIT WHIP WITH ALMOND AND SEED TOFFEE. NEED TO GIVE YOUR HAIR, SKIN AND NAILS SOME LOVE? THE RAW RAINBOW PASTA WITH BRAZIL NUT AND SPINACH PESTO OR SALTED MACADAMIA NUT SLICE ARE HIGH IN GOOD FATS AND ANTIOXIDANTS. GET INSPIRED ABOUT THE POSITIVE EFFECTS WHOLE FOODS CAN HAVE ON YOUR HEALTH, AND START COOKING FOOD TO MAKE YOU GLOW! THIS IS A SPECIALLY FORMATTED FIXED-LAYOUT EBOOK THAT RETAINS THE LOOK AND FEEL OF THE PRINT BOOK.

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

LIVING AYURVEDA CLAIRE RAGOZZINO 2020-11-24 A HANDS-ON HOLISTIC GUIDE TO SELF-CARE BASED ON THE ANCIENT WISDOM OF AYURVEDA—LEARN HOW TO BUILD A DAILY PERSONAL PRACTICE USING FOOD, BREATH, MOVEMENT, AND MEDITATION TO STAY BALANCED AND NOURISHED THROUGH THE SEASONS. NOURISHMENT COMES IN MANY FORMS—IT'S THE FOOD YOU EAT, HOW YOU BREATHE AND MOVE YOUR BODY, AND THE WAY YOU ESTABLISH

YOUR DAILY ROUTINE. LIVING AYURVEDA WEAVES TOGETHER THE ANCIENT WISDOM OF AYURVEDA AND YOGA IN A MODERN, ACCESSIBLE WAY TO PROVIDE A SEASON-BY-SEASON GUIDE FOR LIVING A VIBRANTLY RICH YEAR. PART COOKBOOK, PART LIFESTYLE MANUAL, EACH CHAPTER INCLUDES SIMPLE VEGETARIAN RECIPES, SEASONAL RITUALS, AND SELF-CARE PRACTICES TO CULTIVATE YOUR INNER WISDOM AND FEED YOUR BODY, MIND, AND SPIRIT. IN THIS BOOK, YOU'LL FIND: • 80+ DELICIOUS VEGETARIAN RECIPES TO BALANCE THE BODY AND STRENGTHEN DIGESTION THROUGH THE SEASONS • ILLUSTRATED MENU GUIDES AND COOKING TIPS THAT DEMYSTIFY THE PROCESS OF BUILDING A BALANCED MEAL • YOGA SEQUENCES AND BREATHING TECHNIQUES TO HELP ALIGN WITH THE ENERGY OF EACH SEASON • SEASONAL RITUALS BASED ON MOON CYCLES TO STRENGTHEN YOUR INTUITION AND DEVELOP A PERSONAL ROUTINE AT HOME LEARN FROM ANCIENT WISDOM TO KNOW YOURSELF INTIMATELY, BE OPEN TO NEW DISCOVERIES, AND SEE WHERE THIS PATH TAKES YOU TO ALLOW A DEEPER WISDOM TO BLOSSOM IN YOUR LIFE.

PALEO DESSERTS JANE BARTHELEMY 2012-11-13 A CHEF PROVIDES 125 DELICIOUS DESSERT RECIPES, INCLUDING RASPBERRY CRUMBLE BARS, TIRAMISU AND PUMPKIN CHEESECAKE FOR THOSE FOLLOWING A PALEOLITHIC LIFESTYLE THAT OMITTS GRAINS, DAIRY AND REFINED SUGARS FROM THE DIET. ORIGINAL. 35,000 FIRST PRINTING.

HEALTHIER TOGETHER LIZ MOODY 2019-04-09 A HEALTHY COOKBOOK TO SHARE WITH A PARTNER, FEATURING MORE THAN 100 RECIPES DESIGNED TO NOURISH YOUR BODIES AND SOULS. AN EPICURIUS BEST COOKBOOK FOR SPRING • “HEALTHIER TOGETHER FOCUSES ON REAL WHOLE FOODS AND BRINGING COMMUNITY TOGETHER.”—KELLY LEVEQUE, CELEBRITY NUTRITIONIST AND BESTSELLING AUTHOR OF BODY LOVE FOOD WRITER AND HEALTH BLOGGER LIZ MOODY ONCE FOLLOWED TRENDY DIETS AND ATE SOLELY FOR FUEL, NOT FOR FLAVOR. THAT CHANGED WHEN SHE MET HER SOON-TO-BE-BOYFRIEND AND THEY STARTED COOKING NUTRIENT- AND VEGETABLE-RICH MEALS. SHE NOT ONLY FELL IN LOVE WITH FOOD AGAIN, BUT SHE ALSO DISCOVERED THAT SETTING GOALS AND STICKING TO THEM IS EASIER AND MORE GRATIFYING WHEN PAIRED WITH SOMEONE ELSE. MINCING GARLIC AND SAUTING ONIONS TOGETHER EVENTUALLY LED THE COUPLE TO MARRIAGE—PROVING THAT GOOD FOOD REALLY IS THE UNIVERSAL CONNECTOR! THESE 100+ FLAVOR-PACKED RECIPES ARE DESIGNED TO BE COOKED AND ENJOYED BY TWO PEOPLE, PLUS THEY'RE ALL GLUTEN-FREE, DAIRY-FREE, AND PLANT-CENTERED. THEY INCLUDE HOMEMADE ALTERNATIVES FOR ALL THE FOODS YOU LOVE TO SHARE, SUCH AS BRUNCH, TAKEOUT, AND SWEET TREATS. INDULGE IN CARDAMOM BANANA BREAD PANCAKES WITH CANDIED COFFEE WALNUTS, CORNFLAKE “FRIED” CHICKEN, GENERAL TSO'S CAULIFLOWER, AND CHOCOLATE TAHINI BROWNIE BITES. PICK YOUR PARTNER—NEAR OR FAR—AND GET READY TO GET HEALTHY. PRAISE FOR HEALTHIER TOGETHER “THIS COOKBOOK IS ONE YOU'LL BE REACHING FOR TIME AND TIME AGAIN WHEN YOU NEED HEALTHY FOOD THAT IS SATISFYING AND DELICIOUS.”—TIEGHAN GERARD “LIZ MOODY OFFERS HEAPS OF TASTY RECIPES PACKED WITH GREAT INGREDIENTS.”—REAL SIMPLE “HEALTHIER TOGETHER IS A BRILLIANT CONCEPT! COOKING WITH A FRIEND/PARTNER/MOM IS SO MUCH BETTER THAN COOKING ALONE, PLUS HAVING A PARTNER WILL KEEP YOU BOTH

ACCOUNTABLE ON YOUR HEALTHY EATING JOURNEY.”—GINA HOMOLKA “LIZ DOES AN AMAZING JOB HELPING YOU MAKE DELICIOUS FOOD IN A WAY THAT IS BOTH FEASIBLE AND FUN.”—RACHEL MANSFIELD “LIZ’S BOOK OVERFLOWS WITH FOOD MADE TO SHARE, HEALTHY BUT WITH ALL THE COMFORT AND FLAVOR THAT BRINGS HAPPY PEOPLE AROUND THE TABLE.”—DAPHNE OZ “LIZ’S MESSAGE IS PROFOUND, YET SO SIMPLE . . . YOU NEED TO HAVE BOTH WHOLE FOODS AND WHOLE, REAL RELATIONSHIPS TO TRULY BE HEALTHY AND HAPPY. THIS BOOK MAKES EATING HEALTHY A CELEBRATION, NOT A SACRIFICE, AND IT BRINGS AN ARSENAL OF FRESH AND FLAVORFUL RECIPES THAT ARE FUN TO MAKE AND EAT!”—JEANINE DONOFRIO

RISE AND RUN SHALANE FLANAGAN 2021-10-26 NEW YORK TIMES BESTSELLER • A COOKBOOK AND TRAINING MANUAL DEDICATED TO HELPING YOU REVAMP YOUR MORNING ROUTINE, FROM THE AUTHORS OF RUN FAST. COOK FAST. EAT SLOW. NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY THE WASHINGTON POST SHALANE FLANAGAN AND ELYSE KOPECKY BELIEVE (AND SCIENCE CONFIRMS) THAT WHAT YOU EAT AT THE START OF THE DAY IMPACTS EVERYTHING: YOUR MOOD, YOUR WORK OUTPUT, YOUR CRAVINGS, YOUR SLEEP, AND EVEN YOUR LONG-TERM HEALTH. IN RISE AND RUN, DISCOVER A BETTER A.M. ROUTINE AND NOURISH YOUR ENTIRE DAY WITH MORE THAN 100 RECIPES FOR NUTRIENT-DENSE BREAKFASTS, RECOVERY DRINKS, PACKABLE SNACKS, AND BEST-OF-ALL: TWENTY-FOUR NEW SUPERHERO MUFFIN RECIPES (BOTH SAVORY AND SWEET). THESE VEGGIE-FORWARD RECIPES CAN ALSO DOUBLE AS LUNCH OR DINNER. THINK SAVORY RED LENTIL OATMEAL, TEMPEH SAUSAGE, BRUNCH POWER SALAD, PESTO ZUCCHINI SUPERHERO MUFFINS, EVERYTHING BAGEL MUFFINS, AND HOMEMADE BREADS, BISCUITS, COOKIES, AND BARS. EVERY RECIPE INCLUDES MAKE-AHEAD TIPS FOR BUSY FAMILIES, AND THEY ARE CRAFTED WITH THE IDEAL BALANCE OF PROTEIN, COMPLEX CARBS, AND HEALTHY FATS TO KEEP YOU SUSTAINED. BUT SHALANE AND ELYSE DON’T JUST LEAVE IT THERE. ALONG WITH RECIPES, THEY SHARE EXPERT ADVICE FROM TRAINERS AND PROS, AS WELL AS MORNING RITUALS, INTENTION-SETTING TOOLS, PREDAWN RUNNING TRICKS, AND INJURY-PREVENTION ADVICE. AND, TO TOP IT OFF, RISE AND RUN INCLUDES A FOURTEEN-WEEK MARATHON-TRAINING PROGRAM DESIGNED BY SHALANE THAT WILL HAVE YOU BREAKING PERSONAL BESTS. THIS BOOK WILL TEACH ATHLETES HOW TO SPEND MORE TIME CHASING THE SUNRISE—WITHOUT SACRIFICING THE MOST IMPORTANT MEAL OF THE DAY.

ALL PLANTS: THE FOOD YOU LOVE, THE VEGAN WAY CHRISTINA 2020-10-02 OVER 150 SATISFYING RECIPES TO FEED ALL THE MEMBERS OF YOUR HOUSEHOLD. THIS IS THE VEGAN BIBLE THAT YOU HAVE BEEN LOOKING FOR, FULL OF MESMERIZING HIGH-QUALITY COLOUR PHOTOS THAT ARE SURE TO INSPIRE YOU AND TO TRIGGER YOUR APPETITE!

VEGAN HOLIDAY COOKBOOK KATIE CULPIN 2020-09-08 75 VEGANIZED SEASONAL CLASSICS FOR FAMILY AND FRIENDS ARE YOU VEGAN—AND DO YOU DREAD THANKSGIVING BECAUSE YOUR FAMILY INSISTS ON A TRADITIONAL TURKEY? OR ARE YOU A NONVEGAN FAMILY MEMBER WELCOMING EVERYONE HOME FOR THE CHRISTMAS HOLIDAYS—AND YOU’RE SCRATCHING YOUR HEAD OVER WHAT TO COOK FOR YOUR NEWLY VEGAN SON OR

DAUGHTER-IN-LAW? HOLIDAY FEASTS HAVE ALWAYS BEEN CONTENTIOUS FOR VEGANS AND THEIR NONVEGAN FAMILY MEMBERS—WHEN A SUPPOSEDLY WELCOMING SEASON OF LOVED ONES DINING TOGETHER BECOMES DIVISIVE WHEN ANIMAL PRODUCTS ARE COOKED AS PART OF TRADITION. VEGAN HOLIDAY RECIPES ADDRESSES THIS ISSUE HEAD-ON AND UNITES FAMILY AND FRIENDS, VEGAN OR NOT, OVER SIMPLY DELICIOUS, EASY, HEALTHY, SEASONAL FOOD. CONTAINING SEVENTY-FIVE PLANT-BASED RECIPES SPECIFICALLY DESIGNED WITH CHRISTMAS AND THANKSGIVING IN MIND, THIS IS THE ULTIMATE BOOK FOR VEGANS, THE VEGAN-CURIOUS, AND THEIR FAMILIES AND LOVED ONES. THE BOOK WILL ALSO INCLUDE MENU DESIGNS FOR THE PERFECT FESTIVE LUNCH OR DINNER GET TOGETHER. LEARN TO PREPARE VEGAN BREAKFASTS, SNACKS, DRINKS, MAIN MEALS, SIDES, AND, OF COURSE, DESSERTS: POTATO ROSTI AND FRENCH TOAST FOR BREAKFAST ARTICHOKE DIP AND MACADAMIA DILL CHEESE FOR SNACKS MUSHROOM AND PARSNIP SOUP AND SWEET POTATO SALAD PECAN AND MUSHROOM WELLINGTON AND CHEESY BROCCOLI BAKE FOR MAINS ROAST VEGETABLE STUFFING AND MASHED POTATO AND GRAVY FOR SIDES PECAN CARAMEL PIE AND NUTMEG COOKIES FOR SWEETS MULLED APPLE CIDER AND HOT CHOCOLATE FOR DRINKS AND MORE! BRING FESTIVE JOY DURING THE HOLIDAY SEASON AND INSPIRE EVERYONE WITH A DELICIOUS, INCLUSIVE TABLE.

COCONUTS AND KETTLEBELLS NOELLE TARR 2018-08-07 CREATED BY THE EXPERT HOSTS OF THE POPULAR WELL-FED WOMEN PODCAST, A STEP-BY-STEP FOOD AND FITNESS PLAN FOR WOMEN, THAT TEACHES THEM HOW TO IMPROVE THEIR HEALTH BY CHANGING THE QUALITY—NOT THE QUANTITY—OF THE FOOD THEY EAT. TO EAT YOUR WAY TO BETTER HEALTH, YOU DON’T NEED TO LIMIT YOUR CALORIE INTAKE, OR CUT OUT CARBS OR FAT. YOU DON’T NEED TO COUNT “POINTS.” BETTER HEALTH DOESN’T COME FROM LIMITS. IT COMES FROM FOCUSING ON THE QUALITY OF FOOD THAT YOU EAT—NOT THE QUANTITY. INSTEAD OF LIMITING YOUR FOOD INTAKE YOU SHOULD BE ENRICHING IT, ARGUE NOELLE TARR AND STEFANI RUPER. THE POPULAR HOSTS OF THE WELL-FED WOMEN PODCAST WANT YOU TO FOCUS ON THE GOOD THINGS YOU EAT. THEY WANT TO MAKE SURE YOU GET ENOUGH FOOD SO THAT YOUR BODY HAS THE FUEL AND NOURISHMENT IT NEEDS TO SUPPORT A HEALTHY, LONG, AND ENERGETIC LIFE. NOELLE AND STEFANI KNOW ABOUT EATING FOR HEALTH FIRSTHAND. THEY, TOO, STRUGGLED WITH CONFUSING AND FRUSTRATING MEDICAL CONDITIONS, INCLUDING INFERTILITY, DIGESTIVE ISSUES, ACNE, POLYCYSTIC OVARIAN SYNDROME, HYPOTHYROIDISM, AND ANEMIA. THEY DISCOVERED THAT THE SECRET TO IMPROVING WELLNESS WAS ACTUALLY MORE FOOD: THEY DITCHED THE DIET BOOKS, CALORIE COUNTERS, AND SCALES, AND STARTED EATING THEIR WAY TO HEALTH. IN COCONUTS AND KETTLEBELLS, YOU’LL EAT AT LEAST 2,000 CALORIES A DAY THANKS TO A DELICIOUS SELECTION OF DISHES THAT ARE ALL GLUTEN-FREE, GRAIN-FREE, AND PALEO. WITHIN THOSE 2,000 CALORIES, SETTING A MINIMUM INTAKES OF PROTEIN, FAT, AND CARBOHYDRATES INSTEAD OF THE USUAL MAXIMUMS WILL ENSURE THAT YOUR DIET IS FULL OF NUTRIENTS, WHILE ALSO PROVIDING FLEXIBILITY TO ENJOY WHAT YOU’RE EATING. NOELLE AND STEFANI IDENTIFY THE BIG FOUR FOODS—GRAINS, DAIRY, VEGETABLE OILS, AND REFINED

SUGAR—THAT CAUSE THE MOST HEALTH PROBLEMS AMONG WOMEN. WHILE MANY DIETS REQUIRE YOU TO ELIMINATE THESE FOODS ENTIRELY, COCONUTS AND KETTLEBELLS PROVIDES AN EASY-TO-FOLLOW STEP-BY-STEP PROGRAM TO TEST THESE FOODS AND DETERMINE WHICH YOU NEED TO CUT BACK ON—AND WHICH YOU DON'T—TO FEEL BETTER. TO HELP YOU DISCOVER HOW YOUR BODY RESPONDS TO THE BIG FOUR, YOU'LL CHOOSE FROM TWO SIMPLE 4-WEEK MEAL PLANS: ONE FOR THE BUTTER LOVER (PEOPLE WHO TEND TO FEEL MORE SATISFIED EATING HIGHER RATIOS OF FATS) AND ONE FOR THE BREAD LOVER (PEOPLE WHO TEND TO FEEL MORE SATISFIED EATING HIGHER RATIOS OF CARBS). EACH MEAL PLAN COMES WITH A WEEKLY SHOPPING LIST, A GUIDE TO KITCHEN TOOLS AND EQUIPMENT, AND INSTRUCTIONS ON HOW TO BATCH COOK, MEAL PREP, AND STOCK THE PANTRY. IN ADDITION, YOU'LL HAVE ACCESS TO OVER 75 GLUTEN-FREE AND PALEO-FRIENDLY FLAVOR-PACKED RECIPES (FREE OF THE BIG FOUR FOODS) FOR EVERY MEAL OF THE DAY, INCLUDING: COCONUT CHAI LATTE KALE AND BACON BREAKFAST SKILLET APPLE PIE SMOOTHIE THAI COCONUT CURRY SHRIMP MOROCCAN LAMB MEATBALLS SHRIMP AND CABBAGE STIR FRY PARSNIP AND CARROT FRIES MANGO JALAPENO SALSA CHOCOLATE CHERRY ENERGY BITES LEMON RASPBERRY MINI CHEESECAKES TO GO ALONG WITH THE MEAL PLANS, NOELLE AND STEFANI ALSO PROVIDE THREE 4-WEEK FITNESS PLANS TAILORED TO THREE EXPERIENCE LEVELS: BEGINNER, INTERMEDIATE, AND ADVANCED. ALL OF THE WORKOUTS CAN BE DONE ANYWHERE—AT YOUR HOME OR ON THE ROAD—AND TAKE NO MORE THAN THIRTY MINUTES. A COMPREHENSIVE WHOLE BODY PROGRAM TO GET AND KEEP YOU HEALTHY INSIDE AND OUT, COCONUTS AND KETTLEBELLS PROVIDES THE KNOWLEDGE AND TOOLS YOU NEED TO HEAL IN A WAY THAT IS EFFORTLESS, REWARDING, CONFIDENCE-BOOSTING, AND EVERLASTING. COCONUTS AND KETTLEBELLS IS ILLUSTRATED WITH COLOR PHOTOS THROUGHOUT.

FOOD WITH FRIENDS LEELA CYD 2016-03-29 SMALL BITES AND TREATS TO SHARE THE BEST GATHERINGS ARE SIMPLE, YET SOMEHOW SPECIAL. THEY MIGHT BEGIN WITH AN IMPROMPTU PICNIC AFTER SHOPPING AT THE FARMER'S MARKET OR A LATE LUNCH WITH NEIGHBORS THAT STRETCHES INTO COCKTAILS UNDER THE STARS. WHATEVER THE OCCASION, THIS PICTURE-PERFECT COOKBOOK SHOWS HOW TO TURN ANY MEAL INTO A DELECTABLE AFFAIR. THESE EFFORTLESS RECIPES FOR BRUNCH, TEATIME, HAPPY HOURS, PICNICS, POTLUCKS, AND DESSERT ALL INCLUDE A WHIMSICAL TWIST: A FEW SLICES OF FRENCH TOAST DOUSED IN LAVENDER SYRUP, RAINBOW CHARD EMPANADAS SERVED WITH PISTACHIO CREMA, OR A VIBRANT PURPLE CAULIFLOWER HUMMUS. WITH TIPS ON CREATING AN INVITING TABLE, STOCKING A PANTRY TO MAKE LAST-MINUTE NIBBLES, AND PACKING DELICIOUS PARTING GIFTS FOR GUESTS, FOOD WITH FRIENDS WILL INSPIRE ANY GET-TOGETHER, HOWEVER LARGE OR SMALL.

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

ANI'S RAW FOOD ASIA ANI PHYO 2011-05-10 "FROM THE ANI'S RAW FOOD EMPIRE (ANI'S RAW FOOD KITCHEN), A COOKBOOK STEEPED IN THE AUTHOR'S HERITAGE--THE FIRST RAW ASIAN COOKBOOK"--

RAW ENERGY IN A GLASS STEPHANIE L. TOURLES 2014-01-01 BEST-SELLING AUTHOR STEPHANIE TOURLES OFFERS MORE THAN 120 DELICIOUS, SUPER-NUTRITIOUS RECIPES FOR SMOOTHIES, SHAKES, GREEN DRINKS, POWER SHOTS, MOCKTAILS, LONGEVITY ELIXIRS, AND FERMENTED BEVERAGES, ALL DESIGNED TO BOOST YOUR HEALTH AND ENERGY. ALL RECIPES CAN BE 100% VEGAN, THOUGH HONEY IS OFTEN OFFERED AS ONE OF SEVERAL SWEETENING CHOICES. THERE'S EVEN AN ORIGINAL RECIPE FOR VEGAN YOGURT, MADE WITH NUT MILKS AND PROBIOTICS. AND NO JUICER IS REQUIRED: TOURLES USES A HIGH-POWERED KITCHEN BLENDER TO TURN RAW INGREDIENTS INTO SATISFYING DRINKS. FROM GREEN GRAPEFRUIT REFRESHERS AND GINGER-LIME MOCKTINIS TO GOLDEN ANTIOXIDANT FUSION, ALOE AND PINEAPPLE DIGESTIVE HEALTH ELIXIR, PAIN-AWAY CHLORELLA SMOOTHIES, AND SUNBUTTER BANANA SHAKES, THERE'S NO SHORTAGE OF NOURISHING, ENERGIZING, AND IRRESISTIBLE CHOICES.

LIVE RAW MIMI KIRK 2011-06-22 RAW FOOD COOKBOOK FOR ANYONE WANTING TO BE HEALTHIER RECIPES THAT WILL LEAD TO WHOLE BEAUTY—YOU WILL LOOK AND FEEL BEAUTIFUL LEARN FROM MIMI KIRK, WHO IS ROUTINELY TAKEN TO BE AT LEAST TWENTY YEARS YOUNGER THAN HER AGE EVERYONE KNOWS THAT EATING WELL MAKES YOU FEEL YOUR BEST. MIMI KIRK IS LIVING PROOF THAT EATING WELL—IDEALLY RAW VEGAN FOOD—CAN ALSO MAKE YOU LOOK YOUNGER. HER RAW VEGAN COOKBOOK, LIVE RAW, SHARES 120 RECIPES MIXED WITH MUST-HAVE ADVICE. SHE COVERS TOPICS INCLUDING: DETOXIFYING—SO GRAVITY WON'T GET YOU DOWN WHAT YOU NEED TO EAT EVERY DAY AND WHY DELICIOUS RAW FOOD RECIPES THAT WON'T SCARE OFF NON-VEGETARIANS LEARN HOW TO FEEL AND LOOK BETTER WITH MIMI KIRK AND THIS LOW FAT RAW VEGAN COOKBOOK.

EASY SEXY RAW CAROL ALT 2012-05-01 THE ULTIMATE RAW FOOD BOOK, FOR RAW NEWBIES AND EXPERIENCED RAW FOODISTS ALIKE, WITH 130 RECIPES AND SHOPPING AND SWAPPING LISTS. NEARLY TWENTY YEARS AGO, THANKS TO A RAW FOOD DIET, CAROL ALT CURED A WORLD OF HEADACHES, STOMACH ISSUES, AND FATIGUE AND BECAME HEALTHIER, MORE ENERGETIC, AND SLIMMER THAN SHE'S EVER BEEN. IN EASY SEXY RAW SHE SHARES HOW

ANYONE CAN EXPERIENCE THE BENEFITS OF THE UNCOOKED LIFESTYLE. CAROL TAKES ALL OF THE INTIMIDATION OUT OF GOING RAW, PROVIDING STRAIGHTFORWARD ADVICE, EASY TIPS, AND 130 SUPER-SIMPLE AND DELICIOUS RECIPES THAT WILL MAKE THE TRANSITION A SNAP. USEFUL TOOLS—SUCH AS A SWAPPING LIST OF RAW SUBSTITUTES FOR FAVORITE COOKED ITEMS AND A “TURN IT RAW” SECTION THAT SHOWS YOU HOW TO GRADUALLY CONVERT FAVORITE DISHES TO RAW (EVEN CHOCOLATE CHIP COOKIES!)—WILL HELP BOTH NEW AND SEASONED RAW EATERS TO BUILD A RECIPE REPERTOIRE. AND THE DISHES, INCLUDING CONTRIBUTIONS BY RAW FOOD AUTHORITIES AND CHEFS LIKE ANI PHYO, SARMA MELNGAILIS, AND RAW CHEF DAN, ARE TASTY AND FILLING—EVEN FOR THOSE WHO ARE JUST TRYING OUT RAW FOR THE FIRST TIME: • YELLOW SQUASH FETTUCCINE WITH CREAMY PINE NUT ALFREDO, LEMON BASIL, AND GREEN OLIVES • GOOD STUFF BY MOM & ME’S SALAD PIZZA WITH TOMATO SAUCE • GINGERY SQUASH AND COCONUT NOODLE SOUP • INDIAN-STYLE PAPAYA SALAD • ABUNDANCE BURGERS WITH MARINATED MUSHROOMS AND J[?] CAMA FRIES • APPLE MARZIPAN PIE • TRIPLE ORANGE SALAD WITH PISTACHIOS AND MINT • MAYA CHOCOLATE PIE CAROL OFFERS TIPS ON THE BEST EQUIPMENT TO USE; DEMYSTIFIES METHODS LIKE SOAKING, SPROUTING, AND DEHYDRATING; AND EVEN DISCUSSES RAW DAIRY, GOOD AND BAD FATS, AND WHICH SWEETENERS ARE BEST FOR YOUR BODY. EASY SEXY RAW IS THE MUST-HAVE PRIMER FOR ANYONE WHO WANTS A HEALTHIER LIFESTYLE AND A NATURAL WAY TO FEEL SEXIER AND MORE BEAUTIFUL.

THE ULTIMATE VEGAN COOKBOOK EMILY VON EUW 2018-10-23 THE ONLY VEGAN COOKBOOK YOU’LL EVER NEED SEVEN STANDOUT AUTHORS HAVE JOINED FORCES TO CREATE THIS DEFINITIVE VEGAN REFERENCE BOOK. WITH MORE THAN 600 RECIPES, THIS INDISPENSIBLE KITCHEN STAPLE IS PERFECT FOR SEASONED VEGANS LOOKING TO BUILD THEIR REPERTOIRES, COOKS NEW TO THE BASICS OF PLANT-BASED CUISINE AND CURIOUS MEAT-EATERS ON THE HUNT FOR NEW FLAVORS. GLUTEN-FREE, SOY-FREE AND SUGAR-FREE OPTIONS ARE INCLUDED, AND MANY RECIPES COME TOGETHER IN 30 MINUTES OR LESS. OFFERING UNBEATABLE VARIETY AND COVERING EVERYTHING FROM MAIN DISHES, SIDES, SOUPS AND SALADS TO BREAKFASTS, BEVERAGES, DESSERTS AND PANTRY STAPLES, THESE EXPERIENCED AND CREATIVE VEGAN AUTHORITIES HAVE YOU COVERED.

THE 30-MINUTE VEGAN: SOUP’S ON! MARK REINFELD 2013-11-26 IN THIS DEFINITIVE GUIDE TO VEGAN SOUPS, AWARD-WINNING CHEF MARK REINFELD GIVES YOU ALL THE TOOLS AND TIPS TO CREATE EASY, FLAVORFUL MEALS—WITHIN THIRTY MINUTES OR LESS. PREPARE TO FEAST UPON A WIDE ARRAY OF PLANT-BASED SOUPS—FROM CONSOMM[?] S TO STEWS, CHOWDERS TO RAW AND DESSERT SOUPS. FROM A SELECTION OF STOCKS TO IRRESISTIBLE TOPPINGS AND ACCOMPANIMENTS, THESE INSPIRED RECIPES COVER A BROAD SPECTRUM OF INTERNATIONAL CUISINE. SOUP’S ON! CONTAINS AN INSPIRING FOREWORD BY DR. NEAL BARNARD AND IS DIVIDED INTO SIX SECTIONS: PART ONE: THE ART OF SOUP CREATION, WITH RECIPES FOR STOCKS SUCH AS ROASTED VEGETABLE STOCK, MUSHROOM STOCK, AND DASHI; PART TWO : VEGETABLE-BASED SOUPS, INCLUDING FAVORITES SUCH AS FRENCH ONION SOUP, THAI COCONUT SOUP WITH LEMONGRASS, MAYAN TOMATO AND CORN, AND

AFRICAN PEANUT; PART THREE: SOUPS AND STEWS WITH GRAINS, LEGUMES AND PASTA, WITH CLASSICS LIKE WONTON SOUP, MATZO BALL SOUP, HIMALAYAN DAHL, AND BRAZILIAN BLACK BEAN WITH BAKED PLANTAINS; PART FOUR: CREAMY BLENDED SOUPS, WITH CROWD PLEASERS LIKE NEW ENGLAND CHOWDER, ROASTED SQUASH WITH COCONUT, CREAMY FIRE-ROASTED TOMATO AND DILL, AND CHEESY CAULIFLOWER SOUP; PART FIVE: RAW AND DESSERT SOUPS, INCLUDING CUTTING EDGE RECIPES FOR SPICY STRAWBERRY SOUP, GOLDEN GAZPACHO WITH SAFFRON, RAW CORN CHOWDER, AND RAW CHOCOLATE MINT SOUP WITH RASPBERRIES; PART SIX: GARNISHES AND SIDES, WITH RECIPES FOR CANDIED PEPITAS, VEGAN CREME FRAICHE, HERBED CROUTONS, AND CORN BREAD. SOUP’S ON! PROVES THAT YOU DON’T NEED MEAT OR DAIRY—OR A LOT OF TIME—TO HAVE A HEARTY, SATISFYING MEAL IN A BOWL!

THE CHOLESTEROL COUNTER ANNETTE B. NATOW 2007-12-26 LISTS THE CHOLESTEROL, CALORIE, AND FIBER CONTENT OF MORE THAN TWENTY THOUSAND FOOD ITEMS, FROM RESTAURANT MEALS TO ORGANIC DISHES; OUTLINES WAYS TO LOWER CHOLESTEROL; AND PROVIDES INFORMATION ON HOW TO PREVENT HEART DISEASE.

URBAN VEGAN DYNISE BALCAVAGE 2009-10-01 OVER 250 RECIPES ORGANIZED BY THEMES INCLUDING CAFE CULTURE, BREAKFAST AT THE DINER, LUNCH CART, URBAN GARDEN, HAUTE CUISINE, “JUST DESSERTS,” AND HAPPY HOUR. AT-A-GLANCE ICONS SIGNIFY WHICH RECIPES ARE LOW-FAT, FAST, OMNIVORE-FRIENDLY, KID-FRIENDLY, AND FRUGAL. ALSO INCLUDED ARE ESSENTIAL TIPS COVERING VEGAN CUISINE, AN OVERVIEW OF THE VEGAN PANTRY, AND NUMEROUS MENU IDEAS THAT WILL PLEASE EVEN THE STAUCHEST OMNIVORES! **My New Roots** SARAH BRITTON 2015-03-31 AT LONG LAST, SARAH BRITTON, CALLED THE “QUEEN BEE OF THE HEALTH BLOGS” BY BON APP[?] TIT, REVEALS 100 GORGEOUS, ALL-NEW PLANT-BASED RECIPES IN HER DEBUT COOKBOOK, INSPIRED BY HER WILDLY POPULAR BLOG. EVERY MONTH, HALF A MILLION READERS—VEGETARIANS, VEGANS, PALEO FOLLOWERS, AND GLUTEN-FREE GOURMETS ALIKE—FLOCK TO SARAH’S ADAPTABLE AND ACCESSIBLE RECIPES THAT MAKE POWERFULLY HEALTHY INGREDIENTS SIMPLY IRRESISTIBLE. MY NEW ROOTS IS THE ULTIMATE GUIDE TO REVITALIZING ONE’S HEALTH AND PALATE, ONE DELICIOUS RECIPE AT A TIME: NO FAD DIETS OR GIMMICKS HERE. WHETHER READERS ARE NEWCOMERS TO NATURAL FOODS OR ARE ALREADY DEVOTEES, THEY WILL DISCOVER HOW EASY IT IS TO EAT HEALTHFULLY AND HAPPILY WHEN WHOLE FOODS AND PLANTS ARE AT THE CENTER OF EVERY PLATE.

THE HAPPY COOKBOOK LOLA BERRY 2016-06-28 WHILE EATING WELL IS CRUCIAL FOR YOUR WELL-BEING, IT’S JUST ONE PIECE OF THE PUZZLE. IN ADDITION TO SHARING HER ENERGY-BOOSTING RECIPES, AUSTRALIA’S FAVORITE NUTRITIONIST LOLA BERRY IS HERE TO HELP YOU DISCOVER OTHER KEY PILLARS OF HAPPINESS AND WELLNESS, INCLUDING EXERCISE, MINDFULNESS, SLEEP AND MENTAL HEALTH, WHILE OFFERING PROFESSIONAL ADVICE AND TALES FROM PERSONAL EXPERIENCE. BASED ON NUTRITIOUS WHOLE FOODS, THESE RECIPES ARE GLUTEN-FREE WITH MINIMAL DAIRY AND NO REFINED SUGAR. SOME OF THE DELICIOUSLY HEALTHY RECIPES INSIDE INCLUDE RAW, PALEO, AND VEGETARIAN OPTIONS LIKE ZUCCHINI

FRITTERS WITH CASHEW, MINT AND LIME AIOLI; POACHED CHICKEN SALAD WITH MAPLE-ROASTED PUMPKIN, FETA AND PEPITAS; RAW WHITE CHOCOLATE AND BLUEBERRY CHEESECAKE; AND ORANGE AND POPPY-SEED PALEO MUFFINS, ACCOMPANIED BY BRIGHT AND BEAUTIFUL FULL-COLOR PHOTOGRAPHS. THE HAPPY COOKBOOK IS BURSTING WITH LIFE, LOVE, AND DELICIOUS FOOD THAT WILL MAKE YOU GLOW WITH GOOD HEALTH, INSIDE AND OUT.

LOW-CARB COOKING WITH YOUR INSTANT POT EMILY SUNWELL-VIDAURRI 2019-08-13 YOUR LOW-CARB FAVORITES, FASTER AND EASIER THAN EVER GET DINNER ON THE TABLE THE QUICKEST, SIMPLEST AND MOST NUTRITIOUS WAY POSSIBLE WITH EMILY AND RUDY'S LOW-CARB INSTANT POT® RECIPES. WHETHER YOU'RE LOOKING FOR DELICIOUSLY FAST WEEKNIGHT DINNERS LIKE TAKEOUT-AT-HOME ASIAN CHICKEN AND BROCCOLI OR CRAVING SOME ULTIMATE COMFORT FOOD LIKE CHEESY VEGGIE-STUFFED MEATLOAF OR CAULIFLOWER PIZZA CASSEROLE, WITH LOW-CARB COOKING WITH YOUR INSTANT POT® YOU CAN INDULGE GUILT- AND HASSLE-FREE! ALL 80 RECIPES ARE FAST, SIMPLE TO PUT TOGETHER AND PACKED WITH FLAVOR—PERFECT FOR MAINTAINING YOUR BUSY FAMILY'S HEALTHY DIET. IF YOU'RE CURRENTLY ENJOYING A LOW-CARB DIET, INCLUDING THE KETO OR PALEO DIETS, OR LOOKING FOR AN EASY WAY TO MAKE A HEALTHY SWITCH, YOU WON'T WANT TO MISS OUT ON THESE INCREDIBLE DISHES!

URBAN REMEDY NEKA PASQUALE 2014-12-30 "A COMPLETE MEAL AND ACTIVITY PLAN TO DETOX AND RESET YOUR HEALTH + MORE THAN 75 ADDITIONAL RECIPES TO EAT CLEAN EVERYDAY + ADVICE FOR HEALING MIND, BODY, AND SPIRIT"—COVER.

THE ASHEVILLE BEE CHARMER COOKBOOK CARRIE SCHLOSS 2017-08-08 "A BEAUTIFUL TRIBUTE . . . FROM BREAKFAST PASTRIES TO EXOTIC MARINADES TO UNEXPECTED DESSERTS, CARRIE SCHLOSS EXPLORES THE MANY SIDES OF HONEY." —ASHLEE AUBIN, EXECUTIVE CHEF, FISK & CO. ASHEVILLE BEE CHARMER, OPENED IN 2014 BY BEEKEEPERS JILLIAN KELLY AND KIM ALLEN, HAS BECOME A DESTINATION FOR BOTH LOCAL FOODIES AND TOURISTS. THIS HONEY PURVEYOR, LOCATED IN ONE OF THE MOST POLLINATOR-FRIENDLY PARTS OF THE UNITED STATES, OFFERS A RANGE OF BEE-RELATED PRODUCTS AND MORE THAN FIFTY DIFFERENT ARTISANAL HONEY VARIETALS—EACH WITH ITS OWN UNIQUE COLOR, TEXTURE, AND TASTE. INSPIRED BY THE VAST HONEY SELECTION AVAILABLE BEHIND THE HONEY BAR, CHEF CARRIE SCHLOSS HAS CREATED THE ASHEVILLE BEE CHARMER COOKBOOK, A COLLECTION FEATURING 130 RECIPES, TWENTY HONEY VARIETALS, AND EIGHT SPECIAL BEE CHARMER BLENDS. WITH A COLOR, AROMA, AND TASTING GUIDE TO HONEY VARIETALS AND DISHES LIKE BEE POLLEN NUT BRITTLE, CHIPOTLE HONEY-MARINATED SKIRT STEAK, AND MILK AND HONEY DINNER ROLLS, THIS COOKBOOK PROVES THAT HONEY IS THE BEST WAY TO SEASON OR SWEETEN YOUR NEXT MEAL. SCHLOSS WRITES WITH THE HOME COOK IN MIND, PACKING COMPLEX, SURPRISING FLAVORS INTO RECIPES WRITTEN IN CLEAR, ACCESSIBLE PROSE, AND THE RECIPES ARE ACCOMPANIED BY BEAUTIFUL FULL-COLOR PHOTOGRAPHY THROUGHOUT. "AN INSPIRATION . . . COOKS OF EVERY LEVEL WILL LEAVE THE SUGAR IN THEIR CUPBOARDS AND REACH FOR THEIR NEW FAVORITE LOCAL VARIETAL INSTEAD."

—CHRIS PANDEL, CHEF/PARTNER, SWIFT & SONS "A LOVELY TESTIMONIAL TO THE SIGNIFICANCE OF THE HONEYBEE. WITH THESE DELICIOUS, APPROACHABLE RECIPES, BEING GOOD STEWARDS OF THE LAND HAS NEVER TASTED SO SWEET." —LAURELL SIMS, URBAN FARMER, BEEKEEPER, AND SLOW FOOD CHICAGO BOARD MEMBER

THE COMPLETE IDIOT'S GUIDE TO LOW-FAT VEGAN COOKING BO RINALDI 2012-08-07 VEGAN COOKING IS OFTEN ASSOCIATED WITH BEING HEALTHY, BUT IT'S NOT ALWAYS LOW IN FAT. THE COMPLETE IDIOT'S GUIDE TO LOW-FAT VEGAN COOKING BRINGS A FRESH AND DELICIOUS APPROACH TO THE VEGAN KITCHEN, BUT MINUS SO MUCH OF THE FAT THAT CAN OFTEN BE ADDED TO MAKE VEGAN DISHES MORE FLAVORFUL. THE VEGAN CHEF WILL OPEN READERS UP TO A UNIVERSE OF FANTASTIC, 100% VEGAN RECIPES THAT OFFER THE ADDED BENEFIT OF BEING LOW IN FAT AND LOWER IN CALORIES. READERS WILL BE ABLE TO CRAFT MENUS AND DISCOVER RECIPES THAT GO FROM VARIATIONS ON EVERYDAY COMFORT FOODS TO DELICIOUS, NUTRIENT-DENSE DISHES THAT OFFER MAXIMUM NUTRITIONAL BENEFIT.

PEACE & PARSNIPS LEE WATSON 2016-05-31 PLANT-BASED RECIPES FROM A FUN-LOVING, WORLD-WANDERING CHEF YOU'LL WANT TO FOLLOW EVERYWHERE! CHEF LEE WATSON WAS ONCE, IN HIS OWN WORDS, "THE MIGHTIEST NOSE-TO-TAIL CARNIVORE OF THEM ALL." BUT FOUR YEARS AGO, HE WENT COMPLETELY VEGAN—AND TODAY, HE'S AN EASYGOING EVANGELIST FOR PEACEFUL, PLANT-FULL EATING! NOW, PEACE & PARSNIPS CAPTURES 200 OF LEE'S EXTRAORDINARILY CREATIVE RECIPES, ALL "ROOTED" IN HIS LOVE OF LIFE AND HIS MANY TRAVELS—FROM THE STREETS OF MEXICO AND THE FOOD BAZAARS OF TURKEY TO THE FRENCH COUNTRYSIDE, THE SHORES OF SPAIN, THE SPICE MARKETS OF INDIA AND BEYOND! TWELVE CHAPTERS BURST WITH GORGEOUS PHOTOS (200 IN ALL!), TEMPTING US WITH LEE'S MOUTHWATERING RECIPES—ALL MEAT-FREE, DAIRY-FREE AND EGG-FREE, AND MANY GLUTEN-FREE—THAT ARE BRIMMING WITH GOODNESS. GET SET TO SAVOR: BREAKFAST: PLANTAIN BREAKFAST BURRITO WITH PICO DE GALLO SMOOTHIES, JUICES & HOT DRINKS: HEALTHY HOT CHOCOLATE SOUPS: ZEN NOODLE BROTH SALADS: FENNEL, WALNUT & CELERIAC SALAD WITH CAESAR-ISH DRESSING SIDES: TURKISH-STYLE SPINACH WITH CREAMY TOFU RICOTTA NIBBLES, DIPS & SMALL PLATES: SHIITAKE TEMPURA WITH WASABI MAYO BIG PLATES: PARSNIP & WALNUT RUMBLEDETHUMPS WITH BAKED BEANS CURRIES: ROASTED ALMOND & KOHLRABI KOFTAS WITH TOMATO & GINGER MASALA BURGERS & MORE: PORTOBELLO PECAN BURGERS WITH ROASTED PUMPKIN WEDGES BAKED & STUFFED: MEXICAN "PASTOR" PIE SWEET TREATS: RAW BLUEBERRY & MACADAMIA CHEESECAKE; DARK CHOCOLATE & BEET BROWNIES SAUCES, DRESSINGS, TOPPERS & OTHER EXTRAS: SMOKY CHIPOTLE & CAULIFLOWER CHEESE SAUCE; TOFU & HERB FETA! LEE'S THOUGHTFUL, ENTHUSIASTIC ADVICE MAKES IT EASIER THAN YOU THINK (AND GREAT FUN) TO CREATE UNFORGETTABLE MEALS FROM AN INSPIRING ARRAY OF SEASONAL FRUITS, FRESH VEGETABLES AND EASY-TO-FIND STAPLES. THIS IS FOOD THAT EXPLODES WITH FLAVOR, COLOR AND TEXTURE—AND WILL DELIGHT AND NOURISH EVERYONE.

OH SHE GLOWS EVERY DAY ANGELA LIDDON 2016-09-06 AN INSTANT NEW YORK TIMES BESTSELLER! ANGELA LIDDON'S EAGERLY AWAITED FOLLOW-UP TO THE NEW YORK TIMES

BESTSELLER THE OH SHE GLOWS COOKBOOK, FEATURING MORE THAN ONE HUNDRED QUICK-AND-EASY WHOLE-FOODS, PLANT-BASED RECIPES TO KEEP YOU GLOWING EVERY DAY OF THE YEAR. ANGELA LIDDON'S IRRESISTIBLE AND FOOLPROOF RECIPES HAVE BECOME THE GOLD STANDARD FOR PLANT-BASED COOKING. HER PHENOMENALLY POPULAR BLOG AND NEW YORK TIMES-BESTSELLING DEBUT, THE OH SHE GLOWS COOKBOOK, HAVE AMASSED MILLIONS OF FANS EAGER FOR HER LATEST COLLECTION OF CREATIVE AND ACCESSIBLE RECIPES. NOW, IN THIS HIGHLY ANTICIPATED FOLLOW-UP COOKBOOK, LIDDON SHARES WILDLY DELICIOUS RECIPES THAT ARE PERFECT FOR BUSY LIFESTYLES, PROMISING TO MAKE PLANT-BASED EATING CONVENIENT EVERY DAY OF THE WEEK—INCLUDING HOLIDAYS AND SPECIAL OCCASIONS! FILLED WITH MORE THAN ONE HUNDRED FAMILY-FRIENDLY RECIPES EVERYONE WILL LOVE, LIKE OH EM GEE VEGGIE BURGERS, FUSILLI LENTIL-MUSHROOM BOLOGNESE, AND ULTIMATE FLOURLESS BROWNIES, OH SHE GLOWS EVERY DAY ALSO INCLUDES USEFUL INFORMATION ON ESSENTIAL PANTRY INGREDIENTS AND TIPS ON MAKING RECIPES KID-, ALLERGY-, AND FREEZER-FRIENDLY. A BEAUTIFUL GO-TO COOKBOOK FROM ONE OF THE INTERNET'S MOST BELOVED COOKING STARS, OH SHE GLOWS EVERY DAY PROVES THAT IT'S POSSIBLE TO COOK SIMPLE, NOURISHING, AND TASTY MEALS—EVEN ON A BUSY SCHEDULE.

TRIP'S GREEN, TRIP'S CLEAN, TRIP'S REBECCA LEFFLER 2015-04-21 SAY BONJOUR TO GREEN CUISINE—IT'S THE NEW FRENCH WAY TO BE HEALTHY, HAPPY, AND STYLISH, BIEN SÛR! NO ONE DOES FOOD AND LIFESTYLE LIKE THE FRENCH! THAT'S WHY THE FRENCH APPROACH TO CLEAN, GREEN EATING ADDS A DASH OF FLAIR—OR A DRIZZLE OF DECADENCE—TO EVEN THE HUMBLEST OF FRUITS, VEGGIES, AND LEGUMES. IN THIS CHEERFUL, CHARMING COOKBOOK, REBECCA LEFFLER SHOWS YOU HOW THEY DO IT. SHE INTRODUCES HER “BEST FRIEND FOODS” LIKE SWEET POTATOES AND CHIA, WHIRLWINDS THROUGH AN ENTIRE RAINBOW OF JUICES AND SMOOTHIES, AND KEEPS THE FOCUS ON FITNESS, FOOD, AND FUN IN EQUAL MEASURES. GLOBALLY INSPIRED, BUT WITH LOTS OF FRENCH ACCENTS, ALL 150 PLANT-BASED RECIPES ARE FREE OF GLUTEN, SOY, AND REFINED SUGAR. REBECCA ORGANIZES THEM THE NATURAL WAY: BY SEASON. FEED YOUR BODY WHAT IT NEEDS DURING . . . SPRING: BEET RAWVIOLE WITH FAUX-MAGE, WHITE ASPARAGUS VELOUTÉ, LE “CHIC” CAKE SUMMER: SALADE NIÇOISE, CABINET CURRY, “SPLIT”-SECOND BANANA ICE CREAM FALL: SOBEAUTIFUL SOBA SALAD, BEAUTY BOURGUIGNON, PANCRÉOPES, APPLE TARTE TATIN WINTER: TOTALLY WILD STUFFED SQUASH, AMARANTH CAVIAR, HAPPY HAZELNUT QUINOA BOWL. PLUS, ENJOY REBECCA'S MOOD-BOOSTING TIPS YEAR ROUND: NATURAL BEAUTY TREATMENTS, ILLUSTRATED YOGA POSES, AND POSITIVE PLAYLISTS TO SING ALONG WITH AS YOU PEEL, MINCE, AND STIR. HAVING TO CHOOSE BETWEEN PLEASURE AND HEALTH IS SO LAST SEASON. IT'S TIME TO SAY NON TO UNHEALTHY FOODS AND OUI TO COLOR, FLAVOR, VARIETY, AND SMILES!

ELSA'S WHOLESOME LIFE ELLIE BULLEN 2017-07-25 ELLIE BULLEN'S HUGELY POPULAR BLOG ELSA'S WHOLESOME LIFE IS A VERITABLE EXPLOSION OF COLOUR, SUNSHINE, COASTAL LIVING AND DELICIOUS PLANT-BASED RECIPES. HER FIRST COOKBOOK FEATURES MORE THAN 100 OF HER GO-TO DISHES, FROM NUTRITIOUS GRANOLAS AND POWERHOUSE SMOOTHIES TO

FLAVOUR-PACKED SALADS AND SOUPS, HEARTY CURRIES AND BURGERS, AND DROP-DEAD DELICIOUS SWEETS. A QUALIFIED DIETITIAN AND NUTRITIONIST, ELLIE EXPLAINS EVERYTHING YOU NEED TO KNOW ABOUT ADOPTING A PLANT-BASED DIET, INCLUDING HOW TO: - GET ENOUGH IRON, VITAMIN B12 AND CALCIUM - ACHIEVE THE RIGHT BALANCE OF CARBS, PROTEINS AND GOOD FATS - SHOP SMARTER AND GET MORE ORGANISED IN THE KITCHEN - ENJOY A LIFESTYLE THAT IS BETTER FOR YOU AND THE ENVIRONMENT ELLIE'S FOOD IS FRESH, FLAVOURSOME, NUTRIENT-DENSE AND - ABOVE ALL - FUN. IF YOU EVER NEEDED A REASON TO EAT LESS FROM A BOX AND MORE FROM THE EARTH, THIS IS IT! THIS IS A SPECIALLY FORMATTED FIXED-LAYOUT EBOOK THAT RETAINS THE LOOK AND FEEL OF THE PRINT BOOK.

COOK SHARE EAT VEGAN [?] INE CARLIN 2018-04-05 DELICIOUS PLANT-BASED RECIPES THAT EVERYONE WILL LOVE, WITH THIS LATEST BOOK FROM THE UK'S BESTSELLING VEGAN AUTHOR, [?] INE CARLIN. WITH AN EMPHASIS ON GREAT FLAVOURS AND FRESH, SEASONAL DISHES THAT DON'T RELY ON SUBSTITUTES OR HARD-TO-SOURCE INGREDIENTS, [?] INE'S STYLE OF COOKING WILL APPEAL TO EVERYONE, FROM VEGAN-COOKING ENTHUSIASTS TO THOSE SIMPLY WANTING TO DABBLE NOW AND THEN. IN COOK SHARE EAT VEGAN, [?] INE HAS CREATED THE ULTIMATE VEGAN BIBLE, WITH MORE THAN 125 RECIPES THAT PROVE THERE'S A PLACE FOR PLANT-BASED FOOD AT EVERY TABLE. DELIGHT YOUR FRIENDS WITH CRISPY CINNAMON POTATO TACOS, ENJOY A WARMING BOWL OF TURMERIC & SWEET POTATO SOUP, OR INDULGE IN A DELICIOUS VANILLA PANNA COTTA. DISCOVER RECIPES FOR EVERY OCCASION AND FOR ALL TIMES OF YEAR - THAT JUST HAPPEN TO BE VEGAN. 'FINDING THE BALANCE BETWEEN HEALTH AND INDULGENCE, THIS BOOK HAS A LITTLE BIT OF EVERYTHING, FROM FULL-ON COMFORT FOOD TO ZEN-INDUCING BOWLS TO NOURISH FROM WITHIN. DISCOVER THE BEAUTY OF PLANT-BASED FOOD AND LEAVE YOUR PRECONCEIVED NOTIONS AT THE DOOR - IT'S TIME TO COOK, EAT, SMILE (REPEAT)' - [?] INE CARLIN

SEASON NIK SHARMA 2018-10-02 THERE ARE FEW BOOKS THAT OFFER HOME COOKS A NEW WAY TO COOK AND TO THINK ABOUT FLAVOR—AND FEWER THAT DO IT WITH THE CLARITY AND WARMTH OF NIK SHARMA'S SEASON. SEASON FEATURES 100 OF THE MOST DELICIOUS AND INTRIGUING RECIPES YOU'VE EVER TASTED, PLUS 125 OF THE MOST BEAUTIFUL PHOTOGRAPHS EVER SEEN IN A COOKBOOK. HERE NIK, BELOVED CURATOR OF THE AWARD-WINNING FOOD BLOG A BROWN TABLE, SHARES A TREASURY OF INGREDIENTS, TECHNIQUES, AND FLAVORS THAT COMBINE IN A WAY THAT'S BOTH FAMILIAR AND COMPLETELY UNEXPECTED. THESE ARE RECIPES THAT TAKE A JOURNEY ALL THE WAY FROM INDIA BY WAY OF THE AMERICAN SOUTH TO CALIFORNIA. IT'S A PERSONAL JOURNEY THAT OPENS NEW VISTAS IN THE KITCHEN, INCLUDING NEW METHODS AND INTEGRATED BY A MARVELOUS USE OF SPICES. EVEN THOUGH THESE ARE DISHES THAT WILL TAKE HOME COOKS AND THEIR GUESTS BY SURPRISE, REST ASSURED THERE'S NOTHING INTIMIDATING HERE. SEASON, LIKE NIK, WELCOMES EVERYONE TO THE TABLE!

THE 30-MINUTE VEGAN MARK REINFELD 2009-07-07 PRESENTS A COLLECTION OF MORE THAN 175 QUICK, EASY-TO-PREPARE VEGAN RECIPES, INCLUDING RECIPES FOR SMOOTHIES, APPETIZERS, LIGHT DINNERS, AND DESSERTS.

CHEERS TO VEGAN SWEETS! KELLY PELOZA 2013-11 THIS INNOVATIVE VEGAN BAKING BOOK FEATURES 125 DELICIOUSLY FUN DRINK-INSPIRED DESSERT RECIPES. IT'S A COOKBOOK THAT TAKES READERS ON A DELICIOUS TOUR OF CAFÉ S, COCKTAIL BARS, AND LEMONADE STANDS, WHERE ALL THE DRINKS COME IN DESSERT FORM. IMAGINE YOUR MORNING VANILLA HAZELNUT MOCHA RE-IMAGINED AS A MUFFIN, OR RELAX ON THE BEACH WITH A MARGARITA BISCOTTI, OR STOP BY THE BAR AND ORDER YOUR BREW IN GUINNESS CAKE FORM. INSTEAD OF SIPPING YOUR DRINK, NOW YOU CAN INDULGE IN IT! AUTHOR AND VEGAN BAKER EXTRAORDINAIRE KELLY PELOZA HAS CAREFULLY FORMULATED EACH RECIPE TO DELICIOUSLY HIGHLIGHT THE FLAVORS OF ITS DRINK COUNTERPART. FROM APPLE CIDER DOUGHNUTS TO CHAI SPICE BAKLAVA TO GINGERBREAD STOUT CAKE, YOU'LL BE AMAZED AT HOW DELICIOUSLY WELL YOUR SIPS TRANSFORM INTO SWEET, SATISFIED—AND VEGAN!—BITES. AND WITH ALCOHOLIC- AND NON-ALCOHOLIC RECIPES, YOU'RE SURE TO FIND SOMETHING PERFECT FOR EVERY PARTY AND SPECIAL OCCASION.

KETO INSTANT POT MARIA EMMERICH 2018-12-18 THE INSTANT POT IS ONE OF THE HOTTEST COOKING TOOLS AROUND THESE DAYS. WITH ITS ABILITY TO PRESSURE-COOK FOODS IN MERE MINUTES, ALL IN ONE POT, IT IS A HUGE TIME-SAVER FOR BUSY HOME COOKS. YOU CAN EVEN BAKE A CHEESECAKE IN IT! A KETOGENIC DIET THAT ELIMINATES PROCESSED FOODS SOMETIMES REQUIRE A LITTLE MORE EFFORT IN THE KITCHEN, SO ANY TIME SAVED IS A PLUS. IN THIS BOOK, INTERNATIONAL BESTSELLING AUTHOR MARIA EMMERICH PRESENTS MORE THAN 160 DELICIOUS LOW-CARB, HIGH-FAT KETO RECIPES DESIGNED TO BE COOKED IN AN INSTANT POT OR OTHER MULTI-COOKER. THE RECIPES RUN THE GAMUT FROM APPETIZERS AND SIDES TO SOUPS TO MAIN DISHES TO SWEET TREATS AND EVEN A FEW DRINKS, ALONG WITH SOME HANDY KETO BASICS. AS A BONUS, MARIA ALSO INCLUDES SLOW-COOKING INSTRUCTIONS (WHICH CAN BE DONE EITHER IN THE INSTANT POT OR IN A SEPARATE SLOW COOKER) FOR EACH RECIPE FOR THOSE DAYS WHEN SET-IT-AND-FORGET-IT CONVENIENCE TAKES PRECEDENCE OVER THE NEED FOR SPEED. RECIPES INCLUDE: PUMPKIN COFFEE CAKE EASY BAKED EGGS BUFFALO MEATBALLS CRAB-STUFFED MUSHROOMS ITALIAN CHICKEN CHILI CURRY BEEF STEW PHILLY CHEESESTEAK PORK LETTUCE CUPS AMAZING ASIAN PULLED PORK CHICKEN AND BACON LASAGNA ROLL-UPS GARLICKY TUNA CASSEROLE LEMON RICOTTA TORTE CHOCOLATE ALMOND FUDGE HOMEMADE ROOT BEER ...AND MUCH MORE! YOU'LL ALSO FIND TIPS FOR SUCCESS, ALONG WITH MARIA'S RECOMMENDATIONS FOR INSTANT POT EXTRAS TO CONSIDER PURCHASING TO MAKE KETO COOKING EASIER. SO WHAT ARE YOU WAITING FOR? ADD THIS HANDY KITCHEN APPLIANCE TO YOUR LOW-CARB COOKING ARSENAL AND PUT IT TO GOOD USE FOR TASTY AND HEALTHY KETO MEALS!

THE PRAIRIE HOMESTEAD COOKBOOK JILL WINGER 2019-04-02 JILL WINGER, CREATOR OF THE AWARD-WINNING BLOG THE PRAIRIE HOMESTEAD, INTRODUCES HER DEBUT THE PRAIRIE HOMESTEAD COOKBOOK, INCLUDING 100+ DELICIOUS, WHOLESOME RECIPES MADE WITH FRESH INGREDIENTS TO BRING THE FLAVORS AND SPIRIT OF HOMESTEAD COOKING TO ANY KITCHEN TABLE. WITH A FOREWORD BY BESTSELLING AUTHOR JOEL SALATIN THE PIONEER WOMAN COOKS MEETS 100 DAYS OF REAL FOOD, ON THE WYOMING PRAIRIE. WHILE JILL

PRODUCES MUCH OF HER OWN FOOD ON HER WYOMING RANCH, YOU DON'T HAVE TO GROW ALL—OR EVEN ANY—OF YOUR OWN FOOD TO COOK AND EAT LIKE A HOMESTEADER. JILL TEACHES PEOPLE HOW TO MAKE DELICIOUS TRADITIONAL AMERICAN COMFORT FOOD RECIPES WITH WHOLE INGREDIENTS AND SHOWS THAT YOU DON'T HAVE TO USE OBSCURE ITEMS TO ENJOY THIS LIFESTYLE. AND AS A BUSY MOTHER OF THREE, JILL KNOWS HOW TO MAKE RECIPES EASY AND DELICIOUS FOR ALL AGES. "JILL TAKES YOU ON AN INSIGHTFUL AND DELICIOUS JOURNEY OF BECOMING A HOMESTEADER. THIS BOOK IS PACKED WITH SO MUCH EASY TO FOLLOW, PRACTICAL, HANDS-ON INFORMATION ABOUT STEPS YOU CAN TAKE TOWARDS INTEGRATING HOMESTEADING INTO YOUR LIFE. IT IS PACKED FULL OF EXCITING AND MOUTH-WATERING RECIPES AND HEARTWARMING STORIES OF HER UNIQUE ADVENTURE INTO HOMESTEADING. THESE RECIPES ARE ONES I KNOW I WILL BE USING REGULARLY IN MY KITCHEN." - EVE KILCHER THESE 109 RECIPES INCLUDE HER FAMILY'S FAVORITES, WITH MAPLE-GLAZED PORK CHOPS, BUTTERNUT ALFREDO PASTA, AND BROWNED BUTTER SKILLET CORN. JILL ALSO SHARES 17 BONUS RECIPES FOR HOMEMADE SAUCES, SALT RUBS, SOUR CREAM, AND THE LIKE—STAPLES THAT MANY PEOPLE ARE SURPRISED TO LEARN YOU CAN MAKE YOURSELF. BEYOND THESE RECIPES, THE PRAIRIE HOMESTEAD COOKBOOK SHARES THE TOOLS AND TIPS JILL HAS LEARNED FROM LIFE ON THE HOMESTEAD, LIKE HOW TO CHURN YOUR OWN BUTTER, FEED A FAMILY ON A BUDGET, AND EXPERIENCE ALL THE FULFILLING SATISFACTION OF A DIY LIFESTYLE.

THE NEW MILKS DINA CHENEY 2016-05-03 THE DEFINITIVE GUIDE TO NONDAIRY MILKS—THE FIRST COMPREHENSIVE COOKBOOK DEMYSTIFYING MILK ALTERNATIVES—HERE'S HOW TO MAKE AND CUSTOMIZE ALL TYPES OF VEGAN MILKS, WITH ONE HUNDRED DELICIOUS RECIPES AND HANDY COMPARISON CHARTS, TIPS, AND GUIDANCE FOR CHOOSING THE RIGHT DAIRY-FREE MILKS FOR COOKING AND BAKING. GOT (NON-DAIRY) MILK? WHETHER YOU'RE PALEO, VEGAN, LACTOSE INTOLERANT, KOSHER, OR JUST PLAIN ADVENTUROUS IN THE KITCHEN, YOUR NON-DAIRY OPTIONS NOW ENCOMPASS FAR MORE THAN SOY, COCONUT, AND ALMOND MILKS. CONSIDER GRAIN MILKS, SUCH AS OAT AND AMARANTH; NUT MILKS, SUCH AS CASHEW AND HAZELNUT; AND SEED MILKS, SUCH AS SUNFLOWER AND HEMP. WHICH ONES BAKE THE BEST BISCUITS? COMPLEMENT YOUR COFFEE? MAKE YOUR MASHED POTATOES AS CREAMY AS MOM'S? THE NEW MILKS HAS THE ANSWERS. THE NEW MILKS IS THE FIRST BIBLE OF MILK ALTERNATIVES, HELPING YOU PREPARE, SELECT, AND COOK WITH ALL VARIETIES. WITH HELPFUL CHARTS COMPARING THE TEXTURE, NUTRITIONAL CONTENT, TASTE, AND BEST USES FOR EACH MILK, PLUS ONE HUNDRED FLAVORFUL RECIPES, COOKING AND BAKING WITH NON-DAIRY MILKS HAS NEVER BEEN EASIER! THE FIRST SECTION OF THE BOOK PROVIDES INSTRUCTIONS FOR MAKING AN INCREDIBLE RANGE OF NON-DAIRY MILKS, FOLLOWED BY SUGGESTIONS FOR USE. THEN, DIVE INTO RECIPES FOR BREAKFAST, LUNCH, AND DINNER; SWEETS AND BREADS; AND SMOOTHIES AND DRINKS. EACH RECIPE CALLS FOR THE IDEAL TYPE OF NON-DAIRY MILK, AND MOST LIST ALTERNATES, SO YOU CAN TWEAK THEM FOR YOUR DIETARY NEEDS AND TASTE PREFERENCES. FROM "BUTTERMILK" ALMOND WAFFLES WITH WARM BERRY AGAVE SAUCE, TO MEXICAN CHOCOLATE PUDDING, TO AVOCADO-BASIL

SMOOTHIES, EVERY RECIPE IS DAIRY-FREE, ALL BUT TWO ARE KOSHER, THE VAST MAJORITY ARE VEGAN, AND MOST ARE GLUTEN-FREE. WHO NEEDS THE MILKMAN WHEN THE ALTERNATIVES ARE SO MUCH FUN?

AMAZING MEXICAN FAVORITES WITH YOUR INSTANT POT EMILY SUNWELL-VIDAURRI
2019-01-15 DELICIOUS, AUTHENTIC MEXICAN MEALS MADE BETTER IN HALF THE TIME
ENJOY THE FLAVORS OF MEXICO AT HOME WITH MINIMAL EFFORT AND TIME BY HARNESSING THE POWER OF YOUR INSTANT POT®. SIMPLY TOSS MEAT, SPICES AND VEGGIES INTO THE POT, AND IN A MATTER OF MINUTES, YOU'LL BE SITTING DOWN TO MOUTHWATERING TACOS, BURRITOS, FAJITAS, TAMALES AND MORE, PACKED WITH HEARTY FILLINGS AND YOUR FAVORITE TOPPINGS. COOKBOOK AUTHOR EMILY SUNWELL-VIDAURRI AND HER HUSBAND,

CHEF RUDY VIDAURRI, SHARE 80 FAMILY RECIPES FOR MAKING THE MOST POPULAR MEXICAN DISHES THE QUICK AND EASY WAY. WITH RUDY'S DEEP-ROOTED MEXICAN HERITAGE AND EMILY'S EXPERIENCE AS A BUSY MOM AND FOOD BLOGGER, THIS COOKBOOK BRINGS YOU THE BEST OF BOTH WORLDS: AUTHENTICITY AND PRACTICALITY. USE SHREDDED CHIPOTLE BEEF (TINGA DE RES) FOR YOUR NEW GO-TO WEEKNIGHT TACOS, SHEPHERD'S-STYLE PORK (AL PASTOR) FOR NEXT-LEVEL BURRITOS AND RED BEEF CHILI (CHILI COLORADO) FOR CROWD-PLEASING NACHOS. EACH DISH HAS THE RICH AND VIBRANT FLAVORS YOU LOVE, STREAMLINED FOR TODAY'S HEALTH-CONSCIOUS HOME COOK. ALL OF THE RECIPES ARE GLUTEN-FREE, SWAPPING HEAVY CARBS AND PROCESSED INGREDIENTS FOR REAL FOODS THAT WILL NOURISH YOUR FAMILY. WITH SUCH A HUGE SELECTION OF FANTASTIC MAIN DISHES, PLUS SOUPS, SIDES AND DESSERTS, EVERY NIGHT CAN BE A FIESTA!