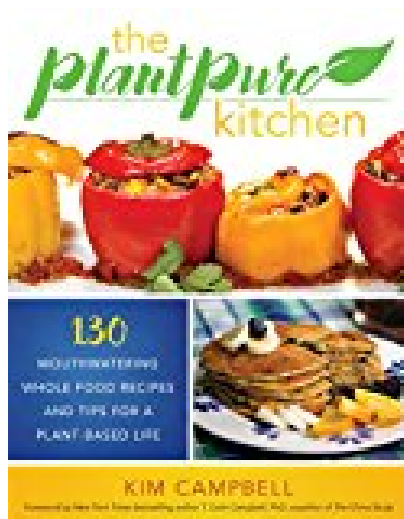


The PlantPure Kitchen 130 Mouthwatering Whole Food Recipes and Tips for a Plant-Based Life



BOOK DETAILS

- Author : Kim Campbell
- Pages : 288 Pages
- Publisher : BenBella Books
- Language : English
- ISBN : 1944648348

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BOOK SYNOPSIS

Is Your Kitchen a PlantPure Kitchen? The grassroots plant-based nutrition movement inspired by the film PlantPure Nation has helped foster a growing community of whole food, plant-based eaters. Key to its success has been the PlantPure Director of Culinary Education Kim Campbell's inspiring and delicious recipes. In 2015, her cookbook, *The PlantPure Nation Cookbook*, helped change the way people view the food they put in their bodies. Now, Campbell is back with even more inventive recipes bursting with flavor in *The PlantPure Kitchen*. Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plant-pure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole lot more. Whether you are new to the lifestyle or looking to expand your own recipe repertoire, *The PlantPure Kitchen* makes committing to your health through eating plant-based exciting, accessible, and easy! From dips and spreads, like Crockpot Apple Butter, to classic dinners, like Welsh Rarebit, *The PlantPure Kitchen's* recipes will inspire you to lead a more plant-pure life. Recipes include: Strawberry Rhubarb Streusel Muffins Asian Noodle Salad Southwestern Chili Mac Potato-Crusted Mushroom Quiche Welsh Rarebit Slow Cooker Jackfruit Tacos Hot Fudge Sundae Cake Featuring a foreword by T. Colin Campbell, coauthor of the groundbreaking national bestseller *The China Study*, this book will become a kitchen staple for PlantPure veterans and newcomers alike.

THE PLANTPURE KITCHEN 130 MOUTHWATERING WHOLE FOOD

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