



For the Love of Eating: Plant-Based, Vegan Recipes for Energy, Weight-Loss and Healing

By Roanne Legg

Laughing Rain, Incorporated. Paperback. Condition: New. 282 pages. Dimensions: 9.2in. x 7.5in. x 0.9in. For the Love of Eating contains over 250 plant-based, macrobiotic recipes. But this isn't your typical vegan cookbook. Author Chef Roanne Legg (formerly Lewis) draws from an extensive and eclectic background to reinvent many dishes. Learn how to correctly prepare whole grains, beans, cultured foods, sea vegetables, nuts, seeds, and a rainbow of vegetables into delicious, easy and creative, vegan foods. She shows us how to use natural foods to prevent and relieve illnesses by accepting the natural tastes. Food is no longer the problem. For the Love of Eating shows us how to make food the solution. Roanne's Mac n Cheez is not the typical soy cheese or cashew cream concoction, even different from mainstream vegetarian or vegan offerings. Her Italian Sauce is not another innovative tomato rendition of the classic. The gluten-free Corn Bread is so moist its ingredients are the simplest. For the Love of Eating doesn't use spices and herbs, soy, wheat or processed natural foods to make something taste like chicken, cheese, or whatever. It uses winter squash, onions, whole grains to name only a few, to create change and diversity. Want to eat...



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