



Vegetarian Comfort Foods The Happy Healthy Gut Guide to Delicious Plant-Based Cooking

By Jennifer Browne

Skyhorse Publishing. Hardcover. Condition: New. 192 pages. The Happy Healthy Gut Guide to Delicious Plant-Based Cooking More than seventy-five recipes to nourish your body and soul Food is the mind and bodys single-most important form of nourishment. Our bodies capacity for growth and repair directly correlates to the fuel we put into it, and food is that fuel. By eating mindfully, we can not only steer the course of our health to reach its peak, but enjoy the ride along the way. After a decade-long struggle with IBS, Jennifer Brown discovered that the path to health is no further than the walk to the refrigerator. Vegetarian Comfort Foods couples the healing power of whole, plant-based, mindfully-chosen food with creative recipes to please our palates and diminish our ailments. Starting with the necessary kitchen tools, pantry prerequisites, and cleansing instructions, the foundation is set for more than seventy-five recipes, such as: Berry-Rhubarb Smoothie Banana Walnut Pancakes Roasted Squash with Apple and Eggplant Warm Steamed Green Salad Tangy Lentil Salad Thai Red Curry Sweet and Sour Tofu Stir-Fry Pink Salt Brownies Chocolate Chia Pudding And many more! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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