



Love Real Food: More Than 100 Feel-Good Vegetarian Favorites to Delight the Senses and Nourish the Body

Kathryne Taylor

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The path to a healthy body and happy belly is paved with real food—fresh, wholesome, sustainable food—and it doesn't need to be so difficult. No one knows this more than Kathryne Taylor of America's most popular vegetarian food blog, Cookie and Kate. With *Love Real Food*, she offers over 100 approachable and outrageously delicious meatless recipes complete with substitutions to make meals special diet-friendly (gluten-free, dairy-free, and egg-free) whenever possible. Her book is designed to show everyone—vegetarians, vegans, and meat-eaters alike—how to eat well and feel well.

With brand-new, creative recipes, Taylor inspires you to step into the kitchen and cook wholesome plant-based meals, again and again. She'll change your mind about kale and quinoa, and show you how to make the best granola you've ever tasted. You'll find make-your-own instant oatmeal mix and fluffy, naturally sweetened, whole-grain blueberry muffins, hearty green salads and warming soups, pineapple pico de gallo, healthier homemade pizzas, and even a few favorites from the blog. Of course, *Love Real Food* wouldn't be complete without plenty of stories starring Taylor's veggie-obsessed, rescue dog sous-chef, Cookie! Taylor celebrates whole foods by encouraging you not just to "eat this," but to eat *like this*. Take it from her readers: you'll love how you feel.

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Maranda Shoemaker:

People live in this new day time of lifestyle always aim to and must have the spare time or they will get lot of stress from both everyday life and work. So , once we ask do people have time, we will say absolutely indeed. People is human not a robot. Then we consult again, what kind of activity do you possess when the spare time coming to an individual of course your answer can unlimited right. Then ever try this one, reading publications. It can be your alternative throughout spending your spare time, the actual book you have read is definitely Love Real Food: More Than 100 Feel-Good Vegetarian Favorites to Delight the Senses and Nourish the Body.

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Delight the Senses and Nourish the Body nevertheless doesn't forget the main place, giving the reader the hottest in addition to based confirm resource info that maybe you can be considered one of it. This great information may draw you into brand-new stage of crucial contemplating.

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