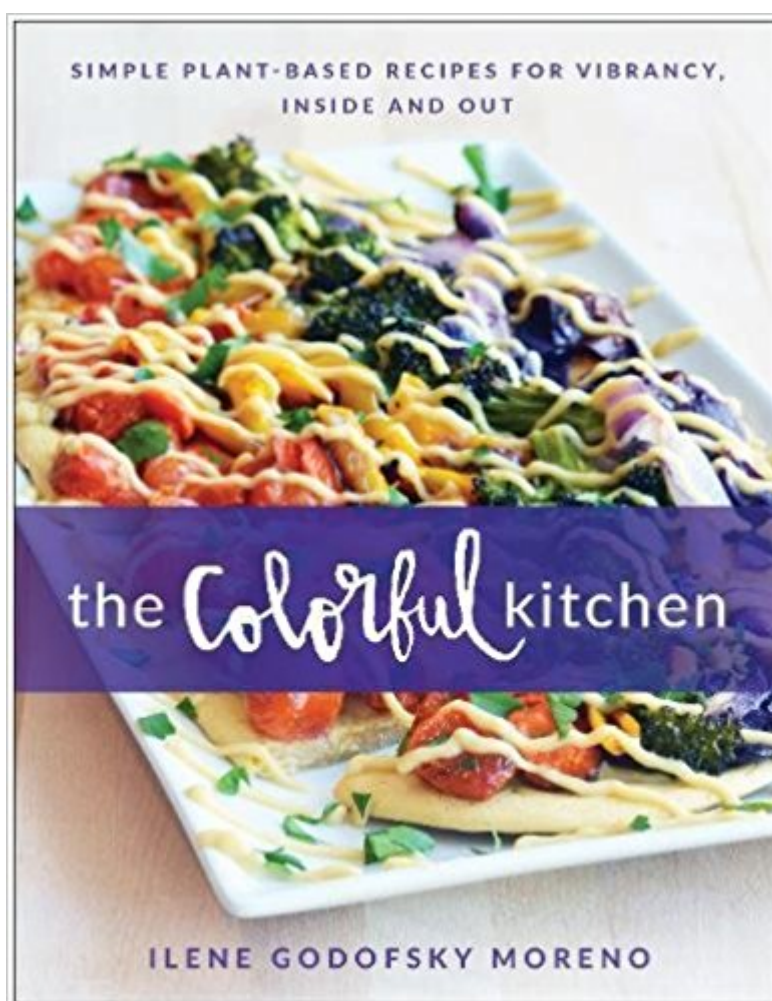




Ebook Directory
the best source of ebook

The book was found

The Colorful Kitchen: Simple Plant-Based Recipes For Vibrancy, Inside And Out



Synopsis

Color your kitchen with a rainbow of healthy, delicious plant-based recipes. You don't need fancy equipment or expensive exotic ingredients to make delicious, healthy, vegan meals at home. Let *The Colorful Kitchen* take the mystery out of plant-based cooking and make the experience of cooking and eating easy and delicious. Certified health coach and plant-based food blogger Ilene Godofsky's cooking philosophy is "colorful, not complicated." When you fill your plate with color, you're not only adding flavor and visual appeal--you're filling your plate with health. Her recipes emphasize vivid combinations of wholesome, plant-based ingredients full of essential vitamins and minerals--because counting colors is way more fun than counting calories and carbs. Ilene guides readers through easy-to-follow preparations that will make every meal as exciting as it is nourishing. The Colorful Kitchen's vibrant, sustaining recipes include:- Pink & Purple Coconut Smoothie- Pineapple & Peanut Sauce Tofu Wrap- Coconut Crusted Avocado Fries- Roasted Rainbow Bowl with Maple Mustard Dressing- Harvest Butternut Squash & Apple Burgers- Strawberry Loaf with Cream Cheese Glaze- Chocolate Hummus- Miso Tahini Cookies For too long, vegan food has had a bad reputation: tasteless, boring. Mostly brown. Full of unfamiliar ingredients that take way too long to prepare. Not in *The Colorful Kitchen*!

Book Information

Paperback: 250 pages

Publisher: BenBella Books (December 12, 2017)

Language: English

ISBN-10: 1944648410

ISBN-13: 978-1944648411

Product Dimensions: 7 x 0.8 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #668,011 in Books (See Top 100 in Books) #118 in *Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan* #1518 in *Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan* #3905 in *Books > Health, Fitness & Dieting > Nutrition*

Customer Reviews

Ilene Godofsky is a health coach, recipe developer, food photographer and the author of the blog *The Colorful Kitchen*. From her small (but colorful!) kitchen in Queens, New York, she combines her

background in design with her passion for plant-based food to create and share recipes that are "colorful, not complicated."

[Download to continue reading...](#)

The Colorful Kitchen: Simple Plant-Based Recipes for Vibrancy, Inside and Out Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 3) Alkaline Diet Cookbook: Dinner Recipes: Delicious Alkaline Plant-Based Recipes for Health & Massive Weight Loss (Alkaline Recipes, Plant Based Cookbook, Nutrition Book 3) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Plant Based Cookbook: 3 in 1: Alkaline Diet Bundle: Alkaline Breakfast, Lunch & Dinner Recipes for Weight Loss & Health (Nutrition, Plant-Based Diet, Weight Loss) Plant Based Diet: A Beginners' Guide to Choosing and Adopting a Whole Foods, Plant Based Diet The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet Salad Dressing: 59 Healthy Homemade Salad Dressing Recipes For Vegetarian, Vegan, And Plant Based Diet. No Oil. No Mayo. No Vinegar. (Healthy Recipes. Healthy Cookbooks To Keep In Your Kitchen.) Rice Cooker Vegan Recipes - Easy Meal Prep Plant Based Cooking: 50 Vegan Recipes Total - 20 Quinoa Recipes (Vegan Rice Cooker Recipes Book 1) Rice Cooker Vegan Recipes - Easy Meal Prep Plant Based Cooking: 50 Vegan Recipes Total - 20 Quinoa Recipes (Rice Cooker Recipes) Vegan Instant Pot Cookbook: Quick, Simple, Delicious and Healthy Plant Based Pressure Cooker Recipes (Vegan Instant Pot Recipes Book 2) Bullet Colorful Journal: Bullet Grid Journal Colorful Polka Dots, Square (8.5 x 8.5), 150 Dotted Pages, Medium Spaced, Soft Cover (Vintage Dot Grid Journal Square) (Volume 1) The PlantPure Kitchen: 130 Mouthwatering, Whole Food Recipes and Tips for a Plant-Based Life American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Vegan: 101 Simple, Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) Vegan Cheese: Simple, Delicious Plant-Based Recipes Good Clean Food: Super Simple Plant-Based Recipes for Every Day The Raw Deal Cookbook: Over 100 Truly Simple Plant-Based Recipes for the Real World Best Asian Recipes from Mama Li's Kitchen BookSet - 4 books in 1: Chinese Take-Out Recipes (Vol 1); Wok (Vol 2); Asian Vegetarian and Vegan Recipes (Vol 3); Egg Roll, Spring Roll and Dumpling (Vol 4)

Contact Us

DMCA

Privacy

FAQ & Help