



Crazy Sexy Kitchen

By Kris Carr

Paperback. Book Condition: New. Not Signed; In Crazy Sexy Kitchen, the woman who made prevention hot is now making it delicious! New York Times best-selling author Kris Carr gives us a veggie manifesto for gourmands and novices alike, and it's filled with inspiration, education and cooking tips, plus more than 150 nourishing, nosh-worthy recipes. Infused with her signature humour, style and wit, Crazy Sexy Kitchen redefines the kitchen as headquarters for a wellness revolution. You'll soon come to see that the goodness born in your kitchen will reach deep into the rest of your life: enriching your health, your home, your heart and the planet. Crazy Sexy Kitchen gives you all the tools and know-how you need to adopt a joyful and vibrant plant-powered lifestyle that harmonises your beautiful body at the cellular level. It's a celebratory way of living that's deeply connected, healthy, awake and engaged. Like a long, luxurious meal, Crazy Sexy Kitchen is laid out in courses. You'll start with a detailed review of what makes up a Crazy Sexy Diet. Next you'll learn how to stock your culinary arsenal with the best kitchen tools and equipment. Kris will also prep you with basic cooking skills and...



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