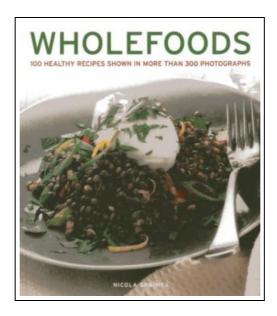
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WHOLEFOODS: 100 HEALTHY RECIPES SHOWN IN MORE THAN 300 PHOTOGRAPHS (PAPERBACK)



Anness Publishing, United Kingdom, 2013. Paperback. Condition: New. Language: English. Brand New Book. This title includes 100 healthy recipes shown in more than 300 photographs. It features a fantastic range of vegetarian dishes suitable for all occasions, from breakfasts and brunches to main courses, tarts, pizzas and salads, as well as desserts, cakes and breads. Accessible advice on how to achieve the best balance of vegetarian foods, with full nutritional notes for every recipe. Every taste is catered for in tempting recipes such as oaty pancakes with caramel bananas and pecans, roasted root vegetable soup, Thai vegetable curry and lemon grass rice, caramelized onion tart, and apricot panettone bread and butter pudding. It includes all the essential information on wholefoods, featuring fruit and vegetables; beans, peas and lentils; grains and seeds; dairy foods and alternatives; and store-cupboard ingredients. Healthy eating has never been more popular and it has been proven in many recent studies that there are positive benefits from eating the right balance of natural foods - ingredients that are the foundation of a vegetarian wholefood diet. The collection presented here features 100 enticing and highly nutritious vegetarian dishes for every occasion, including roasted root vegetable soup, tomato and lentil dhal with toasted almonds, and baked ricotta cakes with red sauce. A fascinating visual guide follows with information on all kinds of natural wholefood, from fruit and vegetables to grains, nuts and seeds, and from dairy products and tofu to herbs and store-cupboard basics. The book is perfect for finding out about foods to help you live, look and feel better, and how to create dishes that are good to eat.



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