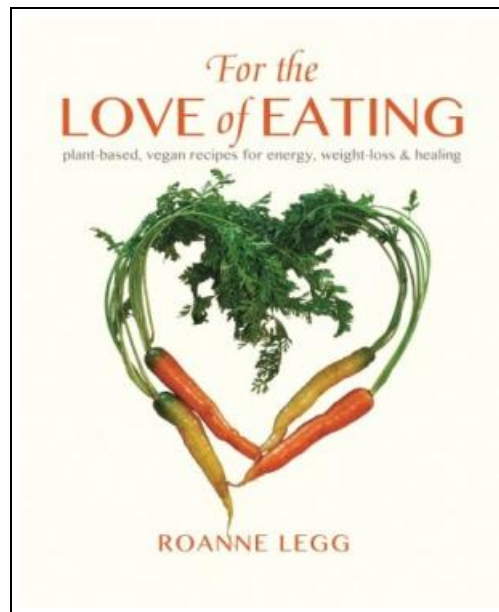


For the Love of Eating: Plant-Based, Vegan Recipes for Energy, Weight-Loss and Healing



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(Miss Elissa Kutch V)

FOR THE LOVE OF EATING: PLANT-BASED, VEGAN RECIPES FOR ENERGY, WEIGHT-LOSS AND HEALING



To download **For the Love of Eating: Plant-Based, Vegan Recipes for Energy, Weight-Loss and Healing** eBook, please click the link listed below and save the ebook or have accessibility to additional information which are have conjunction with FOR THE LOVE OF EATING: PLANT-BASED, VEGAN RECIPES FOR ENERGY, WEIGHT-LOSS AND HEALING ebook.

Laughing Rain, Incorporated. Paperback. Condition: New. 282 pages. Dimensions: 9.2in. x 7.5in. x 0.9in. For the Love of Eating contains over 250 plant-based, macrobiotic recipes. But this isnt your typical vegan cookbook. Author Chef Roanne Legg (formerly Lewis) draws from an extensive and eclectic background to reinvent many dishes. Learn how to correctly prepare whole grains, beans, cultured foods, sea vegetables, nuts, seeds, and a rainbow of vegetables into delicious, easy and creative, vegan foods. She shows us how to use natural foods to prevent and relieve illnesses by accepting the natural tastes. Food is no longer the problem For the Love of Eating shows us how to make food the solution. Roannes Mac n Cheez is not the typical soy cheese or cashew cream concoction, even different from mainstream vegetarian or vegan offerings. Her Italian Sauce is not another innovative tomato rendition of the classic. The gluten-free Corn Bread is so moist its ingredients the simplest. For the Love of Eating doesnt use spices and herbs, soy, wheat or processed natural foods to make something taste like chicken, cheese, or whatever. It uses winter squash, onions, whole grains to name only a few, to create change and diversity. Want to eat lots of purple cabbage without eating it in a salad or a sweet and sour saut Try the Black Soybean Spice Patties and make the Sunflower Dream Cheese to go with them. Bad habits can be difficult but our habits turn into symptoms and over the years (decades) our body degenerates. For the Love of Eating contains ideas for cleansing, healthy eating, tips for staying on a healing (and tasty) food path, and most important, recipes. Cooking is easier than you think. Its fun and creative especially healthy cooking. Roanne shows us how blending seeds, grains, and vegetables into creamy...



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