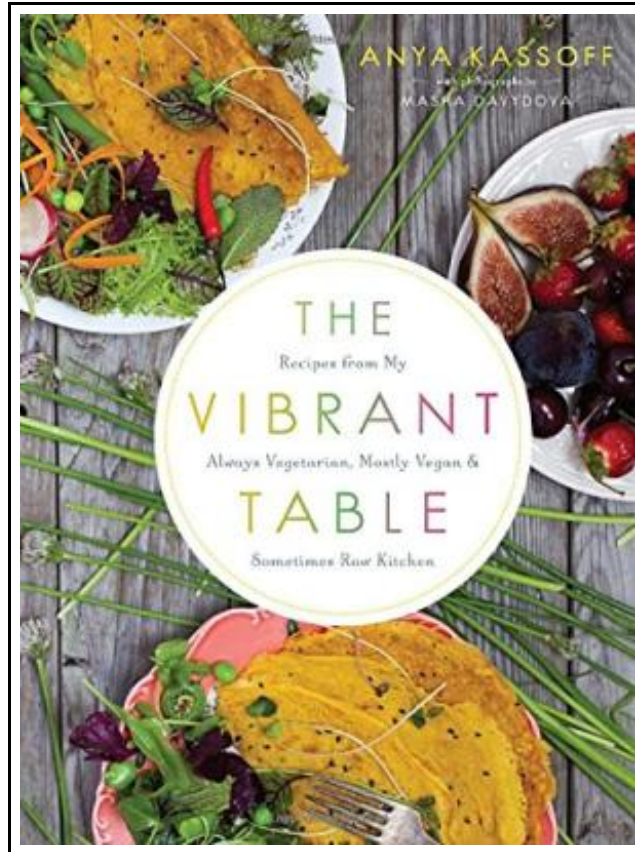


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THE VIBRANT TABLE: RECIPES FROM MY ALWAYS VEGETARIAN, MOSTLY VEGAN, AND SOMETIMES RAW KITCHEN (HARDBACK)



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Shambhala Publications Inc, United States, 2014. Hardback. Book Condition: New. 256 x 188 mm. Language: English . Brand New Book. The Vibrant Table is a feast for the senses. From small sides to savory meals and sweet indulgences, each nourishing recipe tells a story of a balanced and well-fed lifestyle, centered around the family table. Amaranth Pumpkin Porridge, Fingerling Potato Pizza, Squash Blossom Quiche, Roasted Plum Ice Cream, Swirled Acai Cheesecake you will never run out of inspiration for enjoying whole foods at any meal. Anya Kasso's bustling kitchen is always vegetarian, mostly vegan, gluten-free, and sometimes raw a place where desserts can serve as an energizing breakfast too! The 100+ recipes here include fresh interpretations of familiar classics and plenty of ideas for the curious cook. With guidance on sprouting, grinding your own flours, making nut milks, and even preparing raw chocolate, building a well-stocked pantry has never been easier. A chapter dedicated to cooking with kids is full of tips and recipes for raising adventurous eaters. Anya's devotion to preparing fresh and seasonal ingredients with love is clear. The Vibrant Table is a delicious homage to lightness and elegance at home.

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