



Pure & Beautiful Vegan Cooking: Recipes Inspired by Rural Life in Alaska

Kathleen Henry

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Fresh, Delicious Recipes from an Alaskan Vegan Kitchen

Pure & Beautiful Vegan Cooking is a cookbook that speaks to your heart and soul, helping you to connect with others, the earth and yourself as you prepare beautiful, wholesome meals. Kathleen Henry's cooking is inspired by the pure and nourishing abundance of rural Alaska, where she was born and raised. The result is an incredible collection of 80 recipes that highlight plant-based, whole-food and seasonal ingredients, so you can be kind to your health and the environment. The recipes are versatile to any occasion—whether it's a quick weeknight dinner, a large gathering with friends or a quiet morning on your own—and they're so delicious you'll come back to them again and again. Inside you'll find recipes like:

- Caramel Banana-Oat Pancakes
- Creamy Rosemary Chickpea Pasta
- Baked Sage Risotto with Mushrooms & Chard
- Vegetable Chowder with Arugula
- Sweet Potato Beet Burgers
- Walnut-Chickpea Tacos with Chipotle Aioli
- Chai-Spiced Ginger Muffins
- Wild Blueberry, Rhubarb & Hazelnut Crisp

Whether you're a vegan, vegetarian or omnivore, the down-to-earth recipes and stunning photography in *Pure & Beautiful Vegan Cooking* will help you eat well and lead a compassionate, healthy life.

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Stacee Stern:

Have you spare time for just a day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their own spare time to take a walk, shopping, or went to the Mall. How about open or perhaps read a book allowed Pure & Beautiful Vegan Cooking: Recipes Inspired by Rural Life in Alaska? Maybe it is to be best activity for you. You already know beside you can spend your time with the favorite's book, you can better than before. Do you agree with its opinion or you have different opinion?

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Leif Etter:

Exactly why? Because this Pure & Beautiful Vegan Cooking: Recipes Inspired by Rural Life in Alaska is an unordinary book that the inside of the guide waiting for you to snap this but latter it will surprise you with the secret that inside. Reading this book next to it was fantastic author who also write the book in such awesome way makes the content interior easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book include such as help improving your expertise and your critical thinking technique. So , still want to postpone having that book? If I were you I will go to the book store hurriedly.

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