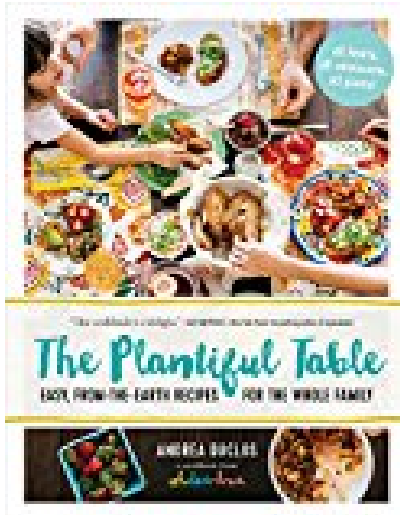


The Plantiful Table Easy From-the-Earth Recipes for the Whole Family



BOOK DETAILS

- Author : Andrea Duclos
- Pages : 320 Pages
- Publisher : The Experiment
- Language : English
- ISBN : 1615192476

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BOOK SYNOPSIS

Over 125 full-flavored, plant-based dishes sure to please even the pickiest kids and the hungriest adults For food and lifestyle blogger Andrea Duclos (known as Drea to her friends and followers), “the good life” is a natural, plant-based one. But when she sits down with her husband and their young daughter, what’s on the menu? The quick-to-make, tasty creations in *The Plantiful Table*! Here are: Comfort classics made vegan, such as Mac & Cheese and Shepherd’s Pie A world tour of flavors, from Garam Masala Pancakes to Bánh Mì Chay Pea Pesto, Mushrooms with Crispy Sage, and other amazing “things on toast” Hearty one-pot dishes, festive Latin American fare, chocolaty treats, smoothies, and more! This sunny, down-to-earth cookbook is proof that eating vegan doesn’t mean taking options off the table. Throughout, Drea gives kid-friendly tips so that one meal can feed everyone. Plus, she takes the guesswork out of reviving leftovers. So, from Drea’s family to yours—large or small, all-vegan or not—here are hearty meals straight from the earth, perfect for your happy home, every day!

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