

## **FORKS OVER KNIVES COOKBOOK RECIPES**



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### **Forks Over Knives Official Website**

Master the art of plant-based cooking. The Forks Over Knives online cooking course helps you learn new techniques, flavors, and styles for cooking delicious plant-based, oil-free meals at home.

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### **Plant Based Vegan Thanksgiving Ideas Forks Over Knives**

I always have my basics like Whole Grain Stuffing with Pecans and Currants, or Mashed Potatoes, but I like to change around the rest of the menu every year. Cranberry Orange Biscotti (recipe by Isa Chandra Moskowitz) is a great introduction to the evening for my guests. Chestnut Soup, usually a

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### **Forks Over Knives vegan diet Food list what to eat**

The Forks Over Knives video and series of books recommend a low-fat, whole-food, plant-based diet for health. Avoid all meat (including fish), dairy, eggs; also oils/fats and processed foods.

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