



Buddha Bowls (Hardback)

By Hannah Pemberton

Ebury Publishing, United Kingdom, 2018. Hardback. Condition: New. Language: English. Brand new Book. Discover the new, easy way to enjoy balanced vegetarian and vegan meals with Buddha Bowls. Just follow the very simple formula: Grain + Green + Protein (+ Zen!) for meals that are tasty, nourishing and easy to make. All recipes are vegetarian or vegan, and vegan swaps are provided throughout. Simple meals are created with inexpensive ingredients that you can easily find in your local supermarket. These recipes are designed to feed one, for easy week-night solo cooking, but can easily be doubled-up to feed a crowd. Tempting dishes take you through the day from Chia Pudding and Huevos Rancheros for breakfast, to Sweet Potato Falafel and Roasted Cauliflower and Chipotle for dinner. Protein-rich Recovery Bowls will get your strength back after a workout (or a few too many at the pub), and there are also healthy dishes inspired by your favourite take-away flavours as well as Dinner Party Bowls to share with friends. Learn how to build a perfectly balanced bowl and customize it with a host of fresh ingredients, dressings, toppings and sauces. Plant-based eating has never been so simple.



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Reviews

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-- **Felicia Nikolaus**

These sorts of ebook is the ideal book offered. It can be writter in simple terms rather than confusing. I discovered this pdf from my dad and i advised this publication to understand.

-- **Mr. Alejandrin Murphy PhD**

Other Kindle Books



Nightmares! (Hardback)

Delacorte Press, United States, 2014. Hardback. Condition: New. Karl Kwasny (illustrator). Language: English. Brand new Book. "Coraline meets Monsters, Inc. in this delightfully entertaining offering from actor [Jason] Segel and co-author [Kirsten] Miller."-- Publishers Weekly The hilariously frightening, middle-grade novel Nightmares! is a...



Crafty Fun With Paper! (Hardback)

Anness Publishing, United Kingdom, 2014. Hardback. Condition: New. Language: English. Brand new Book. This title features 50 fabulous papercraft projects to make yourself. You can create your own stationery, decorations, toys, games, masks, disguises and accessories. You can make a simple bookmark...



Life's Healing Choices: Freedom from Your Hurts, Hang-ups, and Habits (Hardback)

SIMON & SCHUSTER, United States, 2007. Hardback. Condition: New. Language: English. Brand new Book. LIFE HAPPENS. Happiness and Healing are yours for the choosing. We've all been hurt by other people, we've hurt ourselves, and we've hurt others. And as a result,...



Power Plant Control and Instrumentation: The control of boilers and HRSG systems (Hardback)

Institution of Engineering and Technology, United Kingdom, 2000. Hardback. Condition: New. Subsequent. Language: English. Brand new Book. This book provides a practical and comprehensive analysis of control systems for boilers and HRSGs (heat-recovery steam generators) in a variety of applications from waste-to-energy...



Negotiating with Backbone: Eight Sales Strategies to Defend Your Price and Value (Hardback)

Pearson Education (US), United States, 2015. Hardback. Condition: New. 2nd edition. Language: English. Brand new Book. B2B sales professionals: resist mindless discounting, level the playing field against tough procurement organizations, and close the deal on your terms! Negotiating with Backbone, Second Edition...



Monster Mayhem (Hardback)

Penguin Putnam Inc, United States, 2018. Hardback. Condition: New. Language: English. Brand new Book. Zoe's favourite thing to do - besides invent and build robots - is watch classic monster movies. She has never been comfortable with kids her own age, and...