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(Dr. Daphnee Homenick II)

YUMUNIVERSE: INFINITE POSSIBILITIES FOR A GLUTEN-FREE, PLANT-POWERFUL, WHOLE-FOOD LIFESTYLE



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BenBella Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.9in. x 6.9in. x 0.9in.More than 150 plant-based, gluten-free, soy-free recipes! No matter where you land on the diet spectrum, more whole, plant-based foods can enrich your life and improve your health. If youre transitioning to a plant-based diet or you just want some ideas for preparing scrumptious veggie dishes, Heather Crosby provides a step-by-step guide to simply adding more delicious, health-boosting meals to your existing routine, whether youre a meateater or a vegan. YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle offers a creative collection of more than 150 craveable recipes without meat, dairy, gluten, or soy. But this is more than just a cookbookits a treasure chest that will help you build health-promoting habits and recipes of your own for a lifetime. As a former veggie-phobe, Heather knows firsthand how overwhelming yet rewarding the transition toward a plant-powerful diet can be, so she offers expert advice for folks seeking to adopt and maintain a whole-food approach to what they eat. Fans of YumUniverse. com, Heathers inspirational food website, and new readers alike will discover recipe goodness like her Fig and Caramelized Onion Tart and Almond-Cardamom Cream Chia Pudding with Fresh Berries, as well as divine desserts like Mexican Unfried Ice Cream and Chocolate and Salted Caramel Stack Cake. A plant-powerful, gluten-free lifestyle is delicious and doable. So, say goodbye to the dieting roller coaster and embrace a long-term wellness adventure with tasty, healthy, plant-inspired cuisine. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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