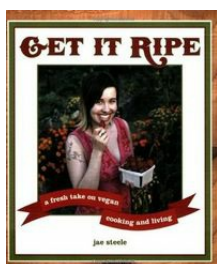


GET IT RIPE: A FRESH TAKE ON VEGAN COOKING AND LIVING

Get It Ripe is a vegan cookbook for the twenty-first century with an emphasis on holistic living and whole food (i.e. unprocessed and unrefined) ingredients. Jae Steele is a registered holistic nutritionist; she has also been a professional vegan baker and has worked on an East Coast organic farm. Her life experiences...



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Reader's Opinions

I'm not planning on going vegan, but the first third of this book does an excellent job of explaining nutrition and all the recipes I've tried so far have been delicious.