

PLANT-POWERED FAMILIES: OVER 100 KID-TESTED, WHOLE-FOODS VEGAN RECIPES

Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In Plant-Powered Families, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie, Vanilla Bean Chocolate Chip Cookies, Cinnamon French Toast, No-Bake Granola...



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Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes

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| Author | Dreena Burton |
| Original Book Format | Paperback |
| Number of Pages | 320 pages |
| Filetype | PDF / ePUB / Mobi (Kindle) |
| Filesize | 7.81 MB |

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Reader's Opinions

Fabulous plant-based cookbook with realistic recipes to feed my family.