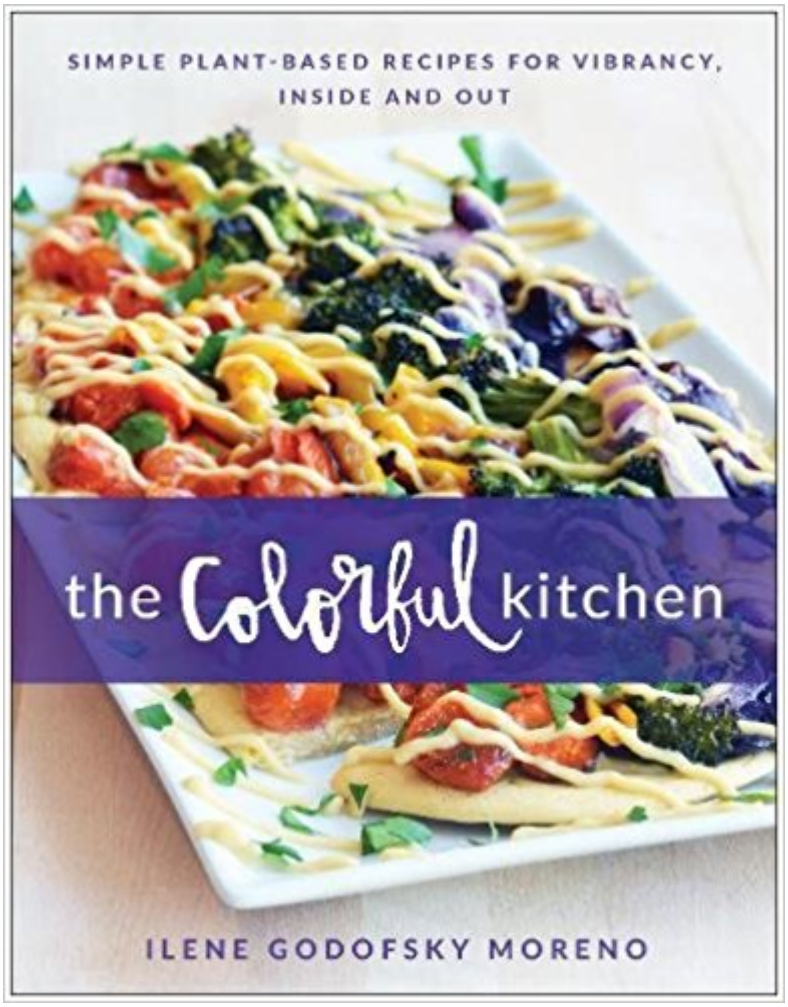
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The Colorful Kitchen: Simple Plant-Based Recipes For Vibrancy, Inside And Out



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Synopsis

Color your kitchen with a rainbow of healthy, delicious plant-based recipes.You don't need fancy equipment or expensive exotic ingredients to make delicious, healthy, vegan meals at home. LetÃ Â The Colorful KitchenÃ Â take the mystery out of plant-based cooking and make the experience of cooking and eating easy and delicious.Certified health coach and plant-based food blogger Ilene Godofsky's cooking philosophy is "colorful, not complicated." When you fill your plate with color, you're not only adding flavor and visual appeal--you're filling your plate with health. Her recipes emphasize vivid combinations of wholesome, plant-based ingredients full of essential vitamins and minerals--because counting colors is way more fun than counting calories and carbs.Ilene guides readers through easy-to-follow preparations that will make every meal as exciting as it is nourishing.The Colorful Kitchen's vibrant, sustaining recipes include:- Pink & Purple Coconut Ã Â Smoothie- Pineapple & Peanut Sauce Tofu Wrap- Coconut Crusted Avocado Fries- Roasted Rainbow Bowl with Maple Mustard Dressing- Harvest Butternut Squash & Apple Burgers- Strawberry Loaf with Cream Cheese Glaze- Chocolate Hummus- Miso Tahini CookiesFor too long, vegan food has had a bad reputation: tasteless, boring. Mostly brown. Full of unfamiliar ingredients that take way too long to prepare. Not inÃ Â The Colorful Kitchen!

Book Information

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Customer Reviews

Ilene Godofsky is a health coach, recipe developer, food photographer and the author of the blog The Colorful Kitchen. From her small (but colorful!) kitchen in Queens, New York, she combines her

background in design with her passion for plant-based food to create and share recipes that are "colorful, not complicated."

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