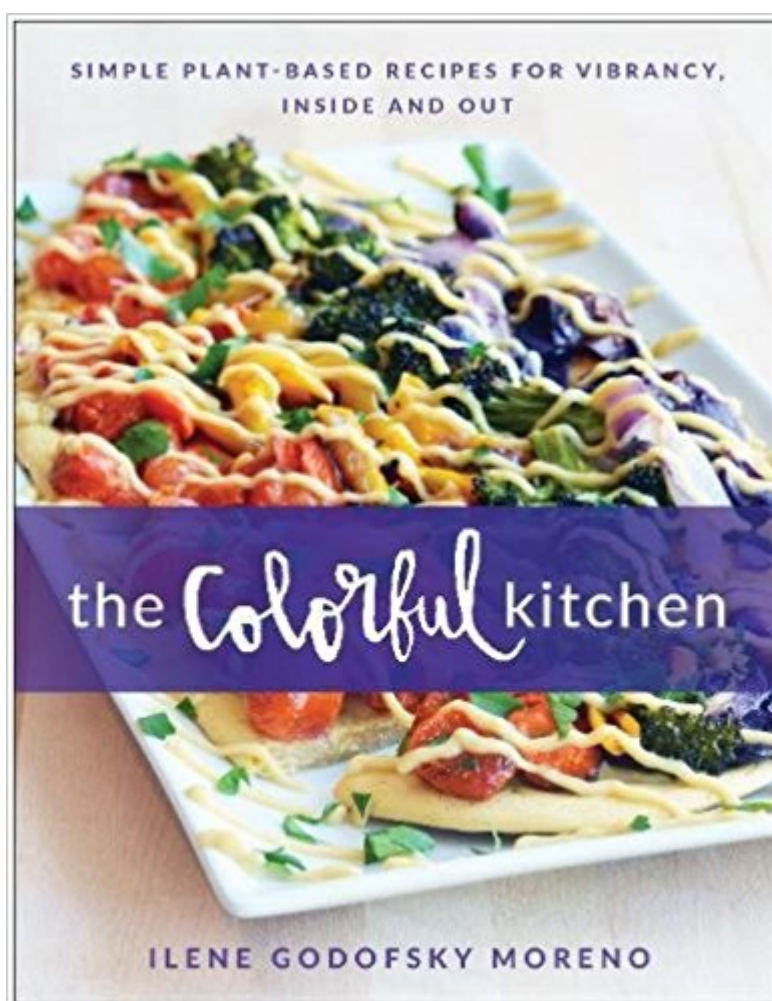


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The Colorful Kitchen: Simple Plant-Based Recipes For Vibrancy, Inside And Out



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. Let *The Colorful Kitchen* 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 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 Cookies For 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 in *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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