



My New Roots: Inspired Plant-Based Recipes for Every Season (Hardback)

By Sarah Britton

Random House USA Inc, United States, 2015. Hardback. Book Condition: New. 257 x 190 mm. Language: English . Brand New Book. At long last, Sarah Britton, called the queen bee of the health blogs by Bon Appetit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers vegetarians, vegans, paleo followers, and gluten-free gourmets alike flock to Sarah s adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one s health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.



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Reviews

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