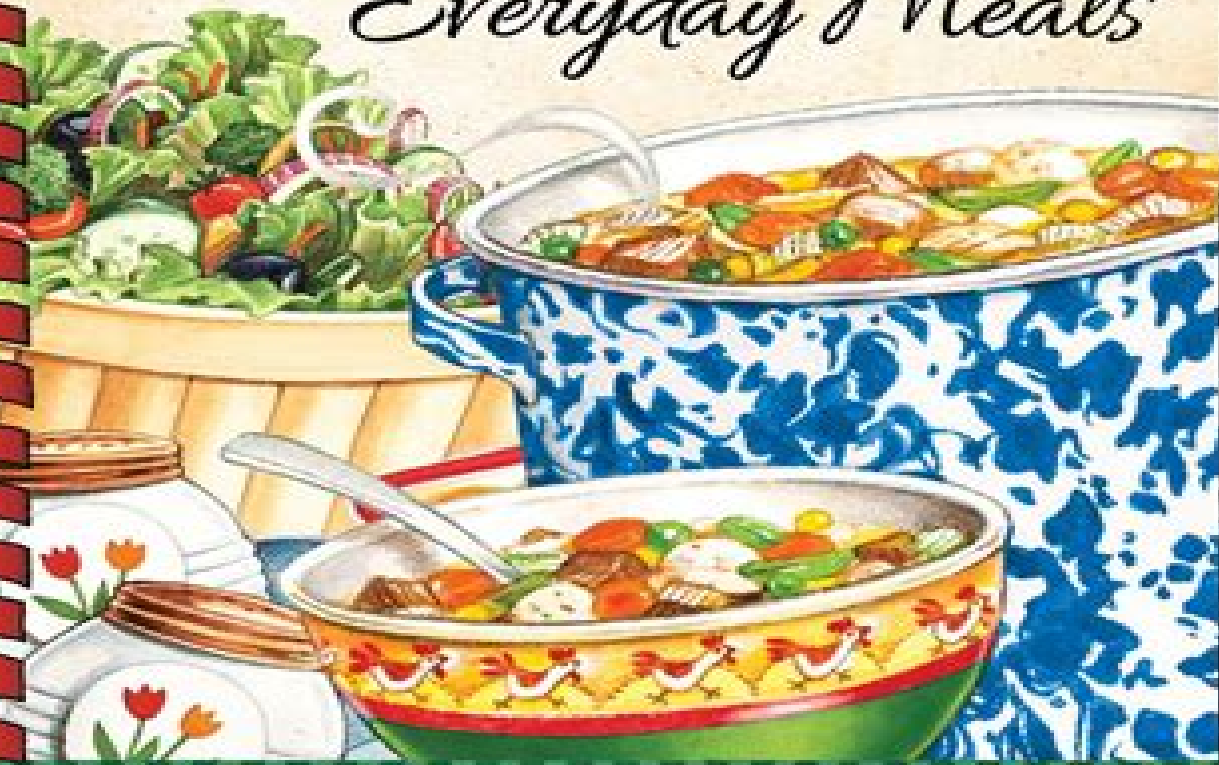


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The Rawsome Vegan Cookbook Emily von Euw, 2015-12-08 Whether you re a vegetarian a raw vegan avoiding dairy a meat lover just looking for something new and delicious or you want to lose weight and cleanse Emily von Euw author of the bestselling *Rawsome Vegan Baking* and newly released *100 Best Juices Smoothies and Healthy Snacks* has creative recipes for savory mouthwatering main dishes and meals Emily s balance of raw and lightly cooked savory recipes range from Veggie Wraps with Miso Mustard Gravy to Raw Pizza with Spinach Pesto and Yam Burgers with Daikon Fries and Ketchup They deliver the comfort and complexity sometimes missed in vegan diets and they re eye catching to boot Readers will be left feeling stuffed and satisfied Emily s popular blog *This Rawsome Vegan Life* won the Vegan Woman s Vegan Food Blog Award and was named one of the Top 50 Raw Food Blogs Her tempting vegan eats paired with her spectacular photography mesmerizes a strong following Amazon.com

100 Recipes America's Test Kitchen, 2015-10-13 A provocative handpicked collection of relevant and surprising essential recipes for today s cook We have countless recipes at our disposal today but what are the real keepers the ones that don t just feed us when we re hungry or impress our friends on Saturday night but inspire us to get into the kitchen At the forefront of American cooking for more than 20 years the editors at America s Test Kitchen have answered this question in an essential collection of recipes that you won t find anywhere else *100 Recipes Everyone Should Know How to Make* Organized into three recipe sections Absolute Essentials Surprising Essentials and Global Essentials each recipe is preceded by a thought provoking essay that positions the dish For example Treating Pasta Like Rice Simplifies Everything A Covered Pot Is a Surprisingly Good Place to Roast a Chicken and Re imagine Pie in a Skillet to Simplify the Process You ll find useful workday recipes like a killer tomato sauce that s almost as easy as opening a jar of the store bought stuff genius techniques for producing amazing flavor try poaching chicken breasts over a garlic and soy spiked brine trust us it s that good and

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The Whole30 Melissa Urban, Dallas Hartwig, 2015 Millions of people visit Whole30.com every month and share their stories of weight loss and lifestyle makeovers. Hundreds of thousands of them have read *It Starts With Food* which explains the science behind the program. At last, The Whole30 provides the step-by-step recipe-by-recipe guidebook that will allow millions of people to experience the transformation of their entire life in just one month.

The Okinawa Stir-Fry Recipes Cookbook: Stir-Fry Recipes from Japan's Island of Longevity Monika Shah, 2025-07-22 The Okinawa Stir Fry Recipes Cookbook. Stir Fry Recipes from Japan's Island of Longevity. Discover the power of longevity through the sizzling flavors of Okinawa. Packed with vibrant ingredients, ancient cooking wisdom, and the unique charm of Japan's southern islands, The Okinawa Stir Fry Recipes Cookbook brings you a bold, flavor-packed journey into one of the world's healthiest regional cuisines. Whether you're a home cook trying stir fry for the first time or someone looking to add more health-conscious meals to your table, this cookbook delivers. You'll explore everything from pork and chicken to seafood, tofu, noodles, and rice, all cooked quickly and easily the Okinawan way. No complicated steps. No fancy ingredients. Just simple, soulful stir fry meals that taste like home. Inside, you'll find 100 Okinawan style stir fry recipes, from pork belly to seaweed, tofu. Regional ingredients and pantry tips explained in plain English. Traditional and modern stir fry methods using high heat and minimal oil. Recipes grouped by protein: Pork, Chicken, Beef, Seafood, Tofu, Egg, and more. Quick, easy options for busy nights, plus low-calorie and spicy variations. Okinawan health insights to bring longevity and balance to your meals. Meal planning and reheating tips to keep your meals fresh and exciting. Learn why Okinawans live longer and better, and bring that same energy to your plate. If you love fast meals with fresh ingredients or if you're just curious about the stir fry secrets of a Japanese island known for its healthy centenarians, this cookbook is the only one you need.

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