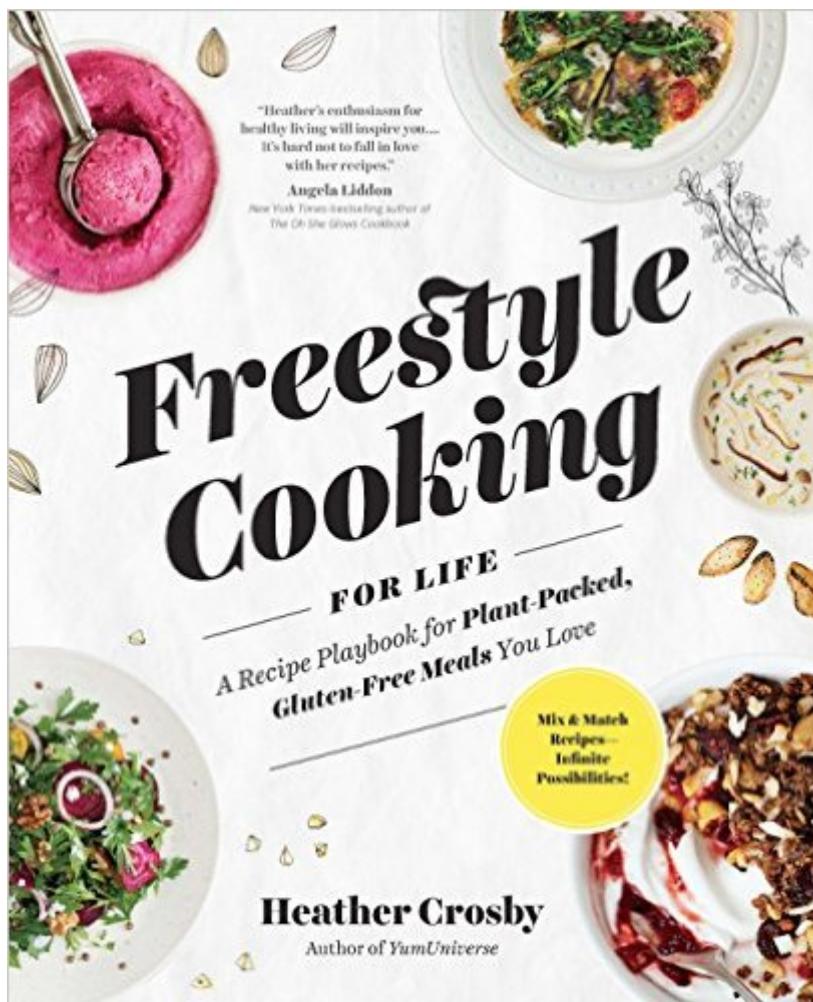


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Freestyle Cooking For Life: A Recipe Playbook For Plant-Packed, Gluten-Free Meals You Love



Synopsis

What are you craving? + What's in your cupboard? = Joyful, freestyle cooking! It's no secret: Cooking at home is good for you "especially if you are trying to eat more plants (or less gluten). But cooking recipe after recipe can make a healthy lifestyle hard to stick to. Sometimes it's nice to eat without planning (and shopping) ahead of time! Enter Freestyle Cooking for Life. In this one-of-a-kind recipe playbook, healthy living enthusiast Heather Crosby shares ingenious master recipes that home cooks can customize endlessly. For example: Pick any grain, one or more veggies, and a complementary aromatic; sauté them together in your choice of sauces; and voilà! You've just improvised a hearty, nutritious scramble. • Are you a recipe renegade who likes to bend the rules? • A new vegan or vegetarian seeking more kitchen confidence? Are you tired of going shopping for just one missing ingredient? This is Freestyle Cooking for Life "your life!

Book Information

Paperback: 320 pages

Publisher: The Experiment (May 16, 2017)

Language: English

ISBN-10: 1615193405

ISBN-13: 978-1615193400

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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