

Cooking the Whole Foods Way



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The revised and updated edition of the popular, whole foods cookbook-with more than 80 new recipes...now 100% vegan! With a dash of fun, Christina Pirello introduces whole foods cooking, inviting health-conscious readers to cut out processed and chemically enhanced food, as well as dairy, sugar, and meat, and embrace fruit, whole grains, vegetables, and beans. From savory soups to innovative entrees and delectable desserts, here are more than 500 recipes and ideas for wholesome, gourmet eating. With tips on meal planning, a shopping guide, productresource list, and extensive glossary, Christina makes healthy eating a most delicious adventure.

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