



COLOR

me

Maximize Your
Nutrient Intake and
Optimize Your Health by
Eating Antioxidant-Rich,
Fiber-Packed,
Color-Intense Meals
That Taste Great

vegan

COLLEEN PATRICK-GOUDREAU

Author of The Vegan Table and the award-winning The Joy of Vegan Baking



Colleen Patrick-Goudreau

**Color Me Vegan: Maximize Your Nutrient Intake and
Optimize Your Health by Eating Antioxidant-Rich, Fiber-
Packed, Color-Intense Meals That Taste Great**



[continue reading](#)

"With Color Me personally Vegan, Colleen Patrick-Goudreau requires veganism to a whole fresh level. This is exactly what people need to eat even more compassionately, experience excellent health, and revel in out-of-this-world tastes."—Rory Freedman, writer of the #1 NY Times bestseller *Skinny Bitch*

In *Color Me personally Vegan*, Colleen Patrick-Goudreau makes assembling balanced meals as easy as painting by quantities. With the publication of her third book, Patrick-Goudreau remains one of the most endearing and innovative vegan chefs. Get ready to taste the true rainbow!

Bryant Terry, writer of *Vegan Soul Kitchen*

Taking 'nutrient-dense' to a whole new level, *Color Me personally Vegan* provides a mouthwatering palette of basic but delectable recipes. In *Color Me Vegan*, author and vegan extraordinaire Colleen Patrick-Goudreau brings an edible rainbow of plant-based cuisine to your kitchen table with 150 flavorful recipes made to boost your health and improve your palate. With color because the guiding principle behind each section, Colleen displays vegetarians, vegans, and everyone among just how phytonutrients—com. Purple Plum Pie with Crumble Topping

From sensational starters and salads, to filling mains and sides, to crave-worthy desserts— We ought to make a point to eat the rainbow, and this book is the pot of precious metal at the end that is sure to brighten any diet!"—the most powerful, pigmented antioxidants on earth, found in everything from select fruit and veggies, to grains, legumes, nuts, and seeds— chapter, for example, you'From the "Color Me personally Blue" could be expertly incorporated into meals for the best nutritional punch. ll end up being treated to dishes such as for example:—each recipe is not just a feast for your abdomen, but a feast for your eyes aswell!

Chilled Blueberry Mango Soup—Lavender—Roasted Purple Onions—Eggplant with Dengaku (Nice Miso) Sauce— Michael Greger, Director of Public Health at the Humane Society of the United States

Eat by color for more flavorful meals and amazing health!

atlanta divorce attorneys color—Radicchio Fennel Salad with Caper Dressing— Have a look at more about the publication at <http://www.colormevegan.Dr>.



[continue reading](#)

