

Ilene Godofsky Moreno

The Colorful Kitchen: Simple Plant-Based Recipes for Uibrancy, Inside and Out



continue reading

Color your kitchen with a rainbow of healthy, delicious plant-based recipes. You don't need fancy products or expensive exotic substances to create delicious, healthy, vegan meals at home. Let The Colorful Kitchen take the mystery out of plant-based cooking and make the experience of cooking and consuming easy and delicious. Mostly browns food preparation philosophy is "colorful, not difficult." Peanut Sauce Tofu Wrap - Strawberry Loaf with Cream Cheese Glaze - Chocolate Hummus For too long, vegan food has already established a bad status: tasteless, boring. Her recipes emphasize vivid combos of wholesome, plant-based elements full of essential vitamins and minerals—you's vibrant, sustaining quality recipes consist of: - Pink &re not merely adding flavor and visual charm—because counting colours is a lot more fun than counting calorie consumption and carbs. Ilene manuals readers through easy-to-follow preparations that will make every meal as exciting since it is certainly nourishing. The Uibrant Kitchen're filling your plate with wellness. Smoothie - Maple-Mustard Squash Grilled Cheese - Harvest Butternut Squash & Purple Coconut Apple Burgers with Sage Aioli - Chickpea Crust Rainbow Alfredo Pizza - Pineapple & When you fill up your plate with color, you' Certified health coach and plant-based food blogger Ilene Godofsky' Full of unfamiliar ingredients that take way too long to prepare. Not in The Colorful Kitchen!



continue reading