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The Plantpure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film.with Over 150 Plant-Based Recipes

By Kim Campbell

BENBELLA BOOKS, United States, 2015. Paperback. Book Condition: New. 226 x 174 mm. Language: English . Brand New Book. A revolution has begun.From a creative team that includes the producer and writer of Forks Over Knives, the documentary film PlantPure Nation captures the inspiring story of plant-based nutrition s impact on a small town in the rural South and the effort to bring about historic political change. As the film s official companion cookbook, The PlantPure Nation Cookbook brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet. Author Kim Campbell is the wife of PlantPure Nation Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of The China Study and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In PlantPure Nation Cookbook, she shares more than 150 extensively tested, 100 plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as: Buffalo Beans and Greens No-Bake...



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Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

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This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM