



Pulse Revolution: 150 Superfood Vegetarian Recipes Featuring Vegan Meat Variations (Hardback)

By Tami Hardeman

DK Publishing (Dorling Kindersley), 2017. Hardback. Condition: New. Language: English . Brand New Book. With 150 delicious recipes, you can revolutionize your diet with pulses, the powerful plant-based proteins that are full of heart-healthy benefits. Discover the power of pulses--lentils, dry peas, beans, and chickpeas--and draw on culinary traditions from around the world to create healthy meals. The 150 vegetarian recipes are nutritious and satisfying, and have flexible options for vegans and meat-eaters. Try a meat-based twist on the White Bean Coconut Curry, flex the Red Lentil Lasagna for vegan diets, or whip up a batch of Black Bean Brownies that anybody will enjoy. Pulse Revolution has something to offer everyone, from meat-loving omnivores to dairy-free vegans. The book includes: - 150 vegetarian recipes flexed to more than 400 ideas with their vegan and meat-based variations. - Clear photos of many of the final meals. - Pulse profiles that highlight the preparation, cooking, and nutrition of each pulse featured in the book. - A Pulse Exchange feature that gives readers flexible pulse swaps they can use in recipes. - Wide selection of dishes from breakfast to dinner plus desserts. - Innovative recipes from around the world support the UN S...



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