

Mayim's Vegan Table: More Than 100 Great-Tasting and Healthy Recipes from My Family to Yours



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Reviews

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

(Delbert Gleason)

MAYIM'S VEGAN TABLE: MORE THAN 100 GREAT-TASTING AND HEALTHY RECIPES FROM MY FAMILY TO YOURS

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The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Mayim's Vegan Table: More Than 100 Great-Tasting and Healthy Recipes from My Family to Yours, Mayim Bialik, Jay Gordon, While she's an actress with a PhD in neuroscience, at the end of the day Mayim Bialik is a mom, one who knows what it's like to be a busy parent with little time to spend in the kitchen. She shares the concerns of parents everywhere: when it comes to nutrition and feeding your family, you want healthy meals, but also food that everyone--kids and parents--can enjoy, and a balanced lifestyle that's inexpensive and fuss-free. Not only does Mayim's Vegan Table share more than 100 easy plant-based recipes for dishes that are as good to eat as they are good for you, but Mayim has also teamed up with pediatrician Jay Gordon to offer: * Basic nutritional information about a plant-based diet * The real deal on raising kids on a plant-based diet (myths and misperceptions, debunked) * Vegan family essentials (including a list of what to always keep in the pantry) * Tips and strategies for easy meal planning and healthy eating out And, of course, the food: you'll find recipes for Mayim's favorite breakfasts, snacks, lunches, dinners, and desserts, including kid-approved meals like build-your-own tacos and mac n cheez, Mediterranean and Asian-inspired salads that parents will love, comfort-food classics like kugel and matzoh ball soup, and many more.

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