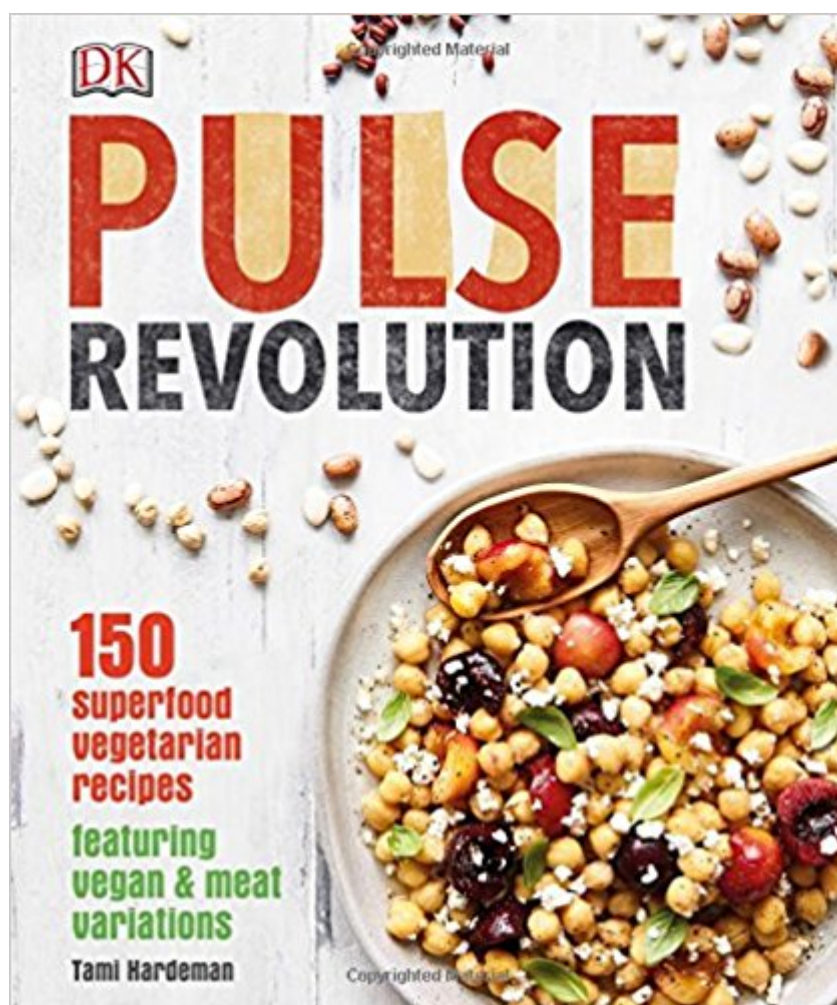


The book was found

Pulse Revolution: 150 Superfood Vegetarian Recipes Featuring Vegan & Meat Variations



Synopsis

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 2016 International Year of Pulses.

Book Information

Hardcover: 256 pages

Publisher: DK; 1 edition (March 14, 2017)

Language: English

ISBN-10: 1465459197

ISBN-13: 978-1465459190

Product Dimensions: 8 x 1.1 x 9.5 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 16 customer reviews

Best Sellers Rank: #431,372 in Books (See Top 100 in Books) #123 in Books > Cookbooks, Food & Wine > Special Diet > High Protein #300 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #1093 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Tami Hardeman is a professional food stylist and food blogger behind the popular site, Running with Tweezers. Her work has been featured in numerous magazines, including Southern Living, Cooking

Light, and People Magazine, and nearly a dozen cookbooks, including The Skinnytaste Cookbook.

I like the book. I had been thinking of adding more protein rich vegetable choices in my diet and cooking repertoire and this actually has a number of recipes I would be willing to try out and eat. The recipes are well written and the choices available are quite a lot. The recipes can also be altered to make it 90% vegetarian for those just trying to see if they will like it and cannot bear to go fully vegetarian (of which I a #1 group member). This is a very good addition to my cookbook collection.

I've been challenged finding easy to make, great tasting vegan meals. The recipes in Pulse Revolution are not only easy to follow and use many of the ingredients I already have on hand but are absolutely delicious. The photos are gorgeous and I really like the nutritional breakdown for each recipe. The variations to add meat are great for entertaining. I've already earmarked this a couple dozen pages in the short time I've had this cookbook.

This book is much like Thug Kitchen if you have purchase that cook book as well. All recipes have beans in them. I think this is good even if you are just trying to do a meatless Monday. Good photos, I only wish that I knew where to purchase some of the beans in the book. I am sure the beans could be ordered but are not in grocery stores most likely.

I am making my way through the recipes and find them to be easy to follow and the ingredients are very accessible at my grocery. I really like that the author includes how to incorporate meat as an option or how to go vegan. Lots of flavors! The book has really pretty photos of the dishes to boot!

Nice recipies

Beautiful book with great healthy recipes!!

Found lots of really good recipes here. Everything looks good.

Really creative recipes, and beautifully styled. Can't wait to really dig into this book and try some new recipes!

[Download to continue reading...](#)

Pulse Revolution: 150 superfood vegetarian recipes featuring vegan & meat variations Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Smoking Meat: The Best 55 Recipes of Smoked Meat, Unique Recipes for Unique BBQ: Bundle: Smoking Fish vs Meat:The Best Recipes Of Smoked Food Book1/Smoking Meat: The Best Recipes Of Smoked Meat Book2 Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) Smoking Meat: The Best Recipes Of Smoked Meat: Unique Smoking Meat Cookbook [Top 25 Most Delicious Smoked Meat Recipes] (A Barbecue Cookbook) (A Unique Barbecue Guide) (25+2 Best Recipes) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast

Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)