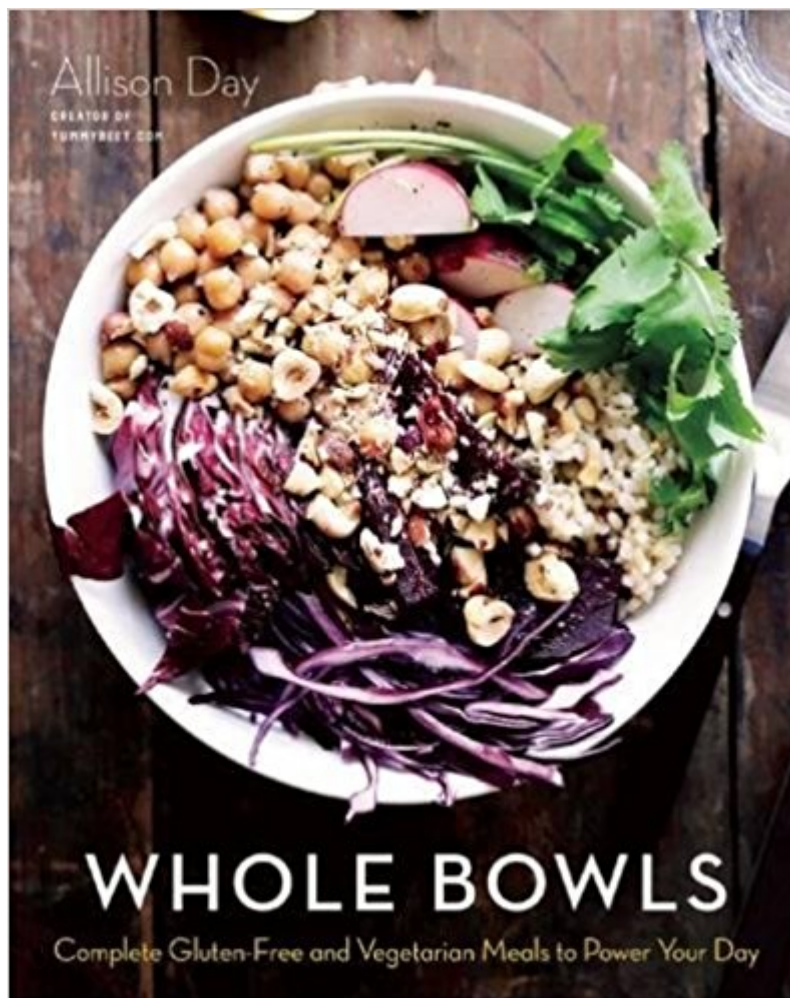




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# Whole Bowls: Complete Gluten-Free And Vegetarian Meals To Power Your Day



## Synopsis

National Recipient of the Gourmand Award for Best Vegetarian Cookbook! From the creator of the award-winning food blog Yummy Beet, turn familiar and traditional tastes into healthy, one-bowl meals. Healthful, plentiful, and simple kitchen creations feel at home in a bowl. Whether a meal is enjoyed as a weekday breakfast for one or part of a leisurely dinner with friends, whole foods come to life when presented within the walls of this steadfast kitchen vessel. For Allison Day, the nutritionist and food blogger behind Yummy Beet, meal-sized bowl recipes showcase her love of this cozy serving dish, staying true to her philosophy of eating with visually alluring, seasonal, and delicious food you can feel good about. Along with more than fifty full-meal, vegetarian, vegan, and gluten-free recipes (not to mention the dozens of mini recipes-within-recipes), these pages contain an innovative, easy-to-follow "Whole Bowls Formula" to build your own creations for quick, everyday lunches and dinners. Recipes include: Curried falafel and kale salad bowls, Black bean bowls with butternut squash, black rice, and chimichurri, Oat risotto bowls with soft-boiled eggs, avocado, and hazelnut dukkah, Sunny citrus bowls with orange pomegranate salsa and lemon cream, Carrot cake bowls with a cream cheese dollop and candied carrots. Using real, fresh ingredients, Allison offers straightforward and approachable creations that can be made ahead of time, whipped up quickly on a weeknight, or invented off-the-cuff with her Bowl Formula Guide. With vibrant and exciting photography shot by Allison herself, you'll be eager to cook and eat her fun, foolproof, and inventive whole bowls.

## Book Information

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## Customer Reviews

“Allison’s first cookbook is fresh and fabulous! I was bowled over by the mouthwatering photos and flavor combinations. The cauliflower hazelnut pilaf alone is worth the price of the book!” • Greta Podleski, bestselling author of *Looneyspoons* “Whole Bowls makes healthy food crave-able! It marries the concept of comfort food with healthy eating and shows in the most tantalizing way that the two don’t have to be mutually exclusive.” • Chelsea Allen, RD, creator of *Chelsea’s Healthy Kitchen* “All of the best nutrition advice in the world is of little use if you don’t know how to feed yourself well. Allison effortlessly takes one of my favorite things—a comforting bowl of veg and grains—up a whole bunch of notches (hello, hazelnut dukkah!). Whole Bowls will show you just how insanely delicious a plant-centered life can be!” • Desiree Nielsen, RD, author of *UnJunk Your Diet*

Allison Day is a nutritionist and the creator of the award-winning whole foods, vegetarian recipe blog *Yummy Beet*. She has contributed to various food, health, and news publications such as the *New York Times*, *Prevention*, and *The Kitchn*. Allison grew up in a small, country town—the place where she first developed her love of seasonal, local foods. She resides in southern Hamilton, Ontario, Canada.

I’ve had this book for two days and cooked two dinners from it, and both have been judged winners by the whole family - including my 9 year old son who can be hard to please when it comes to vegetarian recipes. The recipes are not difficult to follow and the flavors are outstanding. The first recipe I tried was the Three-Bean Garden Salad w/ Asparagus and Coconut Dressing. Simple and so good! I couldn’t find wax beans, so I skipped them. I also forgot to add the peas, and no one thought any less of the dish. I used light coconut milk for the dressing, so it was thin, but very tasty. There was plenty of dressing left over - perfect to dress up a plate of steamed rice and vegetables the next day. The toasted hazelnuts also added a nice touch and crunch, and the extras were good on cereal the next morning. The second recipe I tried was the Spice route Bowls w/ Sweet Potato Coins, Millet Couscous, and Golden Curry Pecan Sauce. I was worried it wouldn’t live up to the previous recipe, but...yum. Each component tasted great on its own, and the sauce pulled it all together and made it a pretty special dish for a weeknight dinner. If I were to change something about the book, it would be to provide some alternatives to the dairy in dishes that call for it - there is cheese in a number of dishes, and a few with cream. The recipes I’ve made have also called for more salt than I like, but I’ve just gone with my gut and used what felt right and it’s worked great. I

like the fact that there's not much call for obscure ingredients that require trips to specialty stores. The most exotic seem to be things like black rice and garbanzo flour, both of which were easily available at Whole Foods. It's unfortunate that there is no Look Inside for this book. Here are some of the recipes I'm looking forward to making: Black Rice Coconut Porridge w/ Toasted Coconut and Pineapple Brunch Bowls w/ Chickpea Turnip Hash, Asparagus, Eggs, and Homemade Ketchup Tunisian Parsley Salad w/ Kabocha Squash, Dukkah, and Spiced Yogurt Warm Lentil Salad w/ Roasted Peppers South of the Border Bowls w/ Walnut Meat and Grilled Avocado Tuscan Bean Stew Roasted Fennel and Pea Tri-Grain Penne w/ Hazelnuts Double Grain Wild Mushroom Risotto Carrot Cake w/ Cream Cheese Dollop and Candied Carrots Mint Chocolate Stracciatella Gelato (my son's request) Coconut Dreamy Whip Would recommend this book to anyone who wants to eat tasty, healthy vegetarian meals at home and is willing to spend 45 - 60 minutes cooking.

While bowls is a perfect book for me. I enjoy putting together different flavor combination. I highly recommend this book.

Colorful, easy to make and very yummy! And for a non vegan this is a great find.

Love this book! Very easy to modify if one of the ingredients doesn't suit you. Great pictures.

The recipes in this book will become part of your daily cooking routine, but never dull the tastebuds.

Yummy & easy food combinations for quick meals and an inspiration to try something new.

This has become my favorite cookbook. Haven't found a recipe I don't love yet

Great book

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