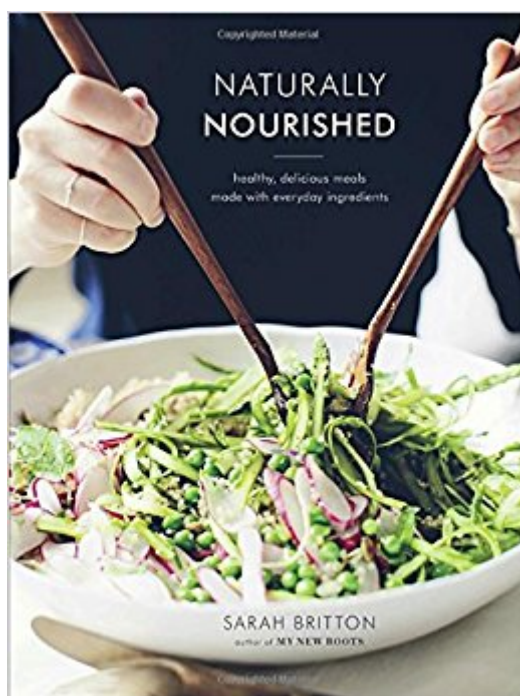


The book was found

Naturally Nourished: Healthy, Delicious Meals Made With Everyday Ingredients



Synopsis

Simplify whole foods cooking for weeknights--with 100 inspired vegetarian recipes made with supermarket ingredients. Sarah Britton streamlines vegetarian cooking by bringing her signature bright photography and fantastic flavors to an accessible cookbook fit for any budget, any day of the week. Her mains, sides, soups, salads, and snacks all call for easy cooking techniques and ingredients found in any grocery store. With callouts to vegan and gluten-free options and ideas for substitutions, this beautiful cookbook shows readers how to cook smart, not hard.

Book Information

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Customer Reviews

"Sarah Britton is considered by many to be the original healthy food blogger. Her recipes are plant-forward and nourishing, but accessible for the home cook. Chock-full of beautifully photographed mains, sides, soups, and salads, *Naturally Nourished* calls out easy substitutions to make the recipes vegan or gluten-free. If you never thought you could make recipes that turned out Instagram-worthy, this book might be your ticket to a whole new level."

—*Mind Body Green*

SARAH BRITTON (BFA, CNP) is the acclaimed holistic nutritionist, writer, and photographer behind the cookbook *My New Roots* and the popular healthy foods blog of the same name, which won a 2014 *Saveur* "Best Food Blog" award. She has been featured in *O, The Oprah Magazine*, *Bon Appetit*, *Saveur*, and *Whole Living*, and has spoken at TedTalks and multiple nutrition seminars and

workshops throughout North America and Europe. She has been involved in numerous culinary projects, including Noma's Test Kitchen. She lives in Copenhagen with her husband and their son.

I'm a huge fan of Sarah Britton. I absolutely devoured her first book, "My New Roots". When I heard she was releasing another book I pre-ordered months in advanced and it's finally arrived. This is my first review where I've actually cooked two recipes before I've reviewed the book. At first glance I really liked the way she's laid out this book. In my new roots, Sarah cooked through the seasons and I really liked that approach. I knew recipes I made in that season would probably have the best ingredients because they were at the peak of their season. She approaches the same with this book however, she categorized the chapters into soups, salads, mains, sides and small plates and sweet and savory snacks. Then within the chapters she uses the "seasons" approach. Another genius thing she does in this book at the end of some of the recipes she has "Rollover" ideas. This is where she will tell you how to use ingredients in other recipes with in the book because you might have made too much or have left overs. Wow!!! brilliant idea that is not shared by many cookbook writers. Her approach to this book is basically a home cooks dream. Simple, wholesome, plant-based foods that don't require a laundry list of weird ingredients and really save time in the kitchen. I love to cook and sometimes I love to spend all day in the kitchen. However, I'm a working woman too, and at times, I just want to get a good healthy meal on the table. As soon as I opened to the first chapter the Fall Minestrone jump out at me and I said I have to make that! However, 26 pages in I saw the luxurious cream of mushroom soup and THAT was it. My first recipe from Naturally Nourished. As it happens, the very first recipe I made from My New Roots was the Oyster Mushroom Bisque... what can I say, "I'm floored by mushroom!!!" The soup was a breeze to make. I think what I like the best about the recipe was how she uses plant-based milk and white beans to thicken the soup! I didn't vary from the recipe at all. And the brilliance of this recipe is the balsamic vinegar. Don't leave it out! Genius! Brilliant! Amazing. I will definitely make this again. Secondly, I made the Fall Minestrone. Very easy. Came together in about 30 min. For this recipe I did not follow it exactly. Currently, pumpkins are nowhere to be found except in a can. So I substituted 3 1/2 cups of sweet potatoes. I also chose to use Kale and for the pasta I used a organic corn/quinoa blend (GF). This soup was very satisfying and hearty. It needed nothing however, half way through my bowl I shredded some parmesan cheese on it just to see how it might taste. It was very good BOTH ways...I'm really thankful for cooks like Sarah Britton. I love that she shares her gift of creating and exploring different ways to enjoy plant based, whole foods with the world. She makes powerfully healthy ingredients simply irresistible. In the words of Michael Pollan, "Eat food. Not too much.

Mostly Plants!" and that's what I intend to do.... fill my body with nutritious wholesome good for me plant based foods. I can't wait to cook my way through this book just like I did with My New Roots.... Highly recommend whether your vegan, vegetarian, or simply trying to choose more plant based foods. Update 2/24/17: Made two more amazing recipes. I had everything on hand so these two recipes came together quickly. Roasted Sesame Avocado Cream: amazing fresh taste. It's really light and airy with a fabulous lite taste for avocados. We tried with a flat bread cracker and veggies. My favorite way was with cucumbers and carrots. Baked Feta: OMG... this was amazing. I never thought of baking feta. It reminds me of a rustic Italian cheese dip. Oregano pops in this recipe. So good with baked pita chips. Very easy to put together. Longest time was the baking. I could probably eat this daily! Update 3/12/17: Cooked again from this wonderful cookbook! Rained all day here so I was in the mood for soup and salad. The Soup of choice - Golden Curry Coconut Dal. Two reasons I chose this: I'm trying to explore new food with a slant towards Indian cuisine and I'm not a huge curry fan so I wanted to give this a try. I should have listened to Sarah in her header notes - "double even triple because this soup is amazing!" First, it's quick - if you have everything it comes together in about 40min. All the flavors blend so well together I can't chose just one thing in it that makes this soup. The lentils and the spices and the coconut milk all blend so well to make a comforting and simplistic and down right amazing soup. I will make this often. Now on to the salad - I chose the Coconut -Quinoa Coleslaw. This recipe is on two pages so the prep is not quick but it doesn't take hours either. First the dressing is fabulous - I used all the mint it called for but I think it could have had more. Comes together super quick in a Vitamix blender. This salad calls for quinoa so you have to cook that - about 15 min. Then prep the slaw part - chopping veggies and toasting coconut. Upon tasting the completed dish I wasn't blown away like I was the soup. I love quinoa but it didn't fit in this slaw. I was looking for more crunch like a nut so I might change this up in the future. I liked the combination of the veggies - red cabbage, green cabbage, kale, carrot and red pepper and I loved the toasted coconut! very unique in a salad. Who knows maybe it will be better as leftovers. I know the soup will.

THIS is what I'm talking about when I say that plant-based eating should be easy, imaginative, and creative (not just another salad)! Such beautiful pictures in this gorgeous book have led me to already gift a friend as well with this book. I am not a great cook, but I'd like to make great food and this book offers the inspiration and instruction on how to do just that. Fantastic find!

If you're already a fan of Sarah Britton's, enamored with her blog and/or her previous cookbook, I

probably don't have to convince you that her second book is worth purchasing. If you aren't, this book will make you a fan. There are a couple recipes here that are duplicates from the blog, like the deep detox cilantro, spinach, and sweet potato soup and the raw brownie bites, but she tells you up front and most of the content is brand new. As is typical of Sarah's recipes, the flavor combinations are thoughtful, complex, and "different" from same-old vegetarian fare, but everything is easily accessible for the home cook. I have been sticking to a fairly strict food budget, and unlike a lot of the recent vegetarian cookbooks and superfood health books, the recipes in Naturally Nourished are easily accessible for me on my budget, but they don't taste or look like budget cooking. Most of the recipes are vegan and gluten-free. The few desserts included are all naturally sweetened by dates or bananas or maple syrup. Very few of the recipes require much time in the kitchen. In some cases you'll need to plan ahead, like for the falafel waffles, which require soaking dry chickpeas for 24 hours (but you don't have to cook them before making the batter). Sarah uses a lot of bright sauces to complement her healthy salads, soups, mains, and snacks, but these are quickly made in the food processor or blender and don't call for any special ingredients that you can't find at most grocery stores. In the time since this was delivered today, I made her version of kitchari, which she calls kichadi (I had already started soaking my lentils and rice), her super simple but satisfying clever parsnip oven soup, and the savory leek and mushroom galette. The recipes were easy to follow, required minimal prep time, and I was able to use what I already had on hand in my vegetable crisper and pantry to make enough food for myself for the next several days. Every dish is accompanied by a gorgeous close-up photo so it's easy to see what the ultimate dish should look like and if you want to eat it. In reading through Naturally Nourished, I've marked at least 60-70% of the recipes as ones I can't wait to try, and almost all of them look like something I would enjoy eating. Even if you aren't vegetarian or vegan, even if you're paleo or whole30, I'm willing to bet you'll fall in love with Sarah's approachable cookbook. From the introduction, the main objective of this cookbook is to present readers with healthy, vegetable-driven meals that don't require much time in the kitchen or a high food budget, and Sarah has absolutely delivered.

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