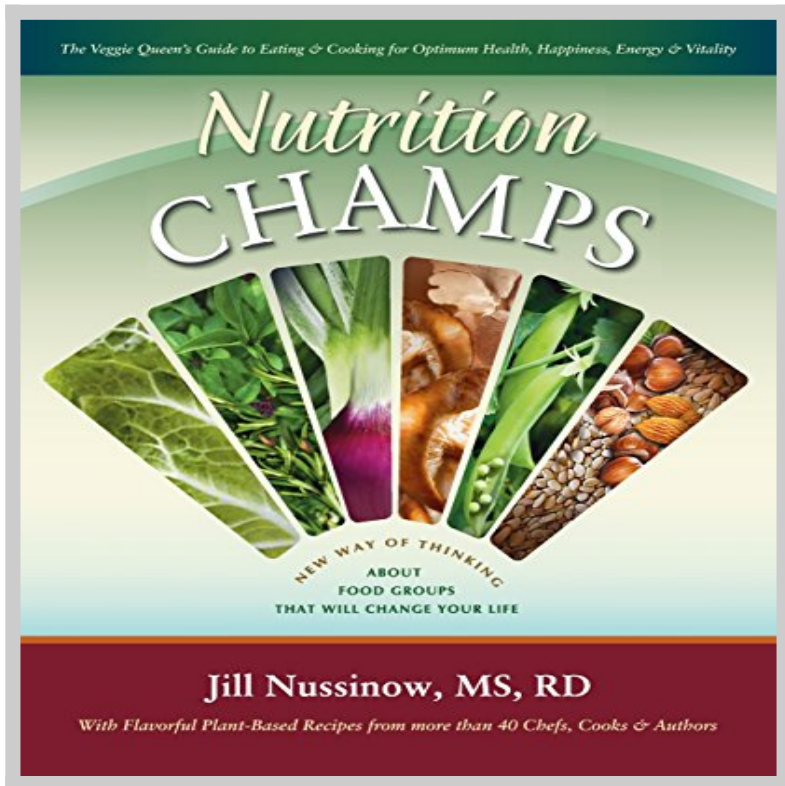


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Nutriron Champs Cooking Happiness Vitality Book Preview

Containing 200 plant-based recipes from 45 different cookbook authors, bloggers and recipe developers, this book has both raw and cooked recipes for meals from breakfast through dessert. Most recipes are low in fat, many are gluten-free and are all quite tasty. CHAMPS is an acronym for Cruciferous vegetables, Herbs and spice, Alliums, Mushrooms, Peas, beans and lentils, and Seeds and Nuts - all foods which offer a framework for healthy eating, no matter what else you choose to eat. Each chapter opener introduces the benefits of the foods in each category. The chapter sidebars include information such as how to dry saute and why we love to hate Brussels sprouts. The book includes an ingredient glossary and resource

section for those new to this way of eating.