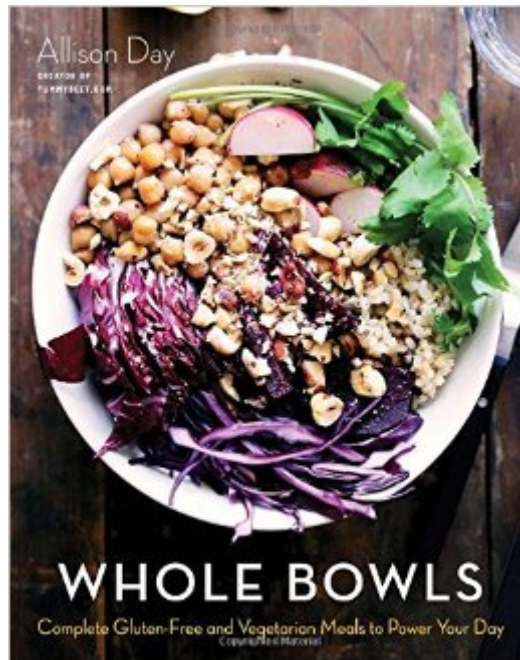


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# Whole Bowls: Complete Gluten-Free And Vegetarian Meals To Power Your Day



## Synopsis

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

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.

I have been collecting cookbooks for decades in search of my ideal book for everyday meals. I have what seem to have been impossibly high standards for recipes - fresh and healthy ingredients, affordable, and extremely flavorful. What I've found particularly in vegetarian-focused cookbooks are typically those that either utilize an inordinate amount of processed ingredients or depend on the always-bountiful produce available in the western and southern parts of the US. While I'm as much a fan of Alice Waters, Anna Thomas, etc. as the next person, I live in northern Minnesota where the growing season tends to be over mere moments after you've picked up your seeds or plants for the growing season. This means that for most of the year, our produce is shipped-in from distant farms and lacks the quality and flavor that can easily stand alone in dishes made by our Chez Panisse friends and other warmer climate restaurateurs and cookbook authors. I've been delighted to find that with every recipe I've tried so far, the outstanding flavor combinations, seasonings, and varied textures within each of the dishes Whole Bowls contains have been truly outstanding. Lovely photographs are plentiful which I find beneficial since I am feeding a family of mostly veggie-haters; because Allison is also a food stylist, I glean helpful and practical ideas about designing plates that

look appealing. I've had no trouble finding ingredients in our limited natural foods store. Whether I'm using produce fresh from our lovely summer market where veggies and fruits come to sale straight from the farm that morning or purchasing the bleak mid-winter produce of our local co-op, all of Allison's recipes have resulted in fresh, tasty, healthy, visually beautiful, and satisfying meals.

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