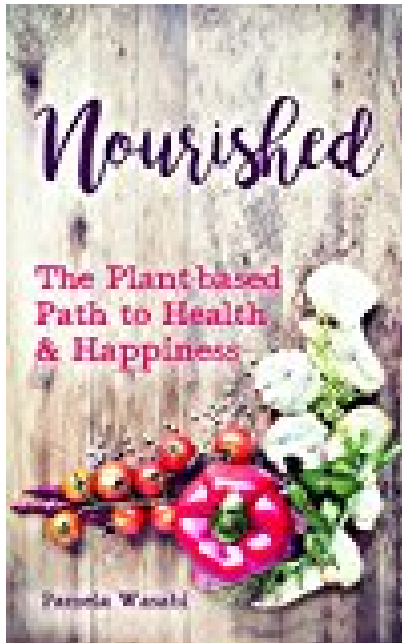


Nourished The Plant-based Path to Health and Happiness



BOOK DETAILS

- Author : Pamela Wasabi
- Pages : 176 Pages
- Publisher : Mango
- Language : English
- ISBN : 1633534774

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BOOK SYNOPSIS

A plant-based cooking pioneer shows how to nourish body and soul in her guide to inspired living through inspired eating. Forks Over Knives has become a worldwide movement encouraging people to eat more plants and forego meat; the book selling over a million copies with a popular film viewed by over 20 million. Much more than a cookbook, Wasabi's book offers readers insight into why we eat the way we do. Vegan cooking is the single biggest trend in the last three years, even Oprah is veganish. Plant. Cook. Harmony. Features original recipes by a leader in the vegan and raw food movement. 41% of Americans ate less meat in 2015 and the number of vegans jumped to 7%."

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