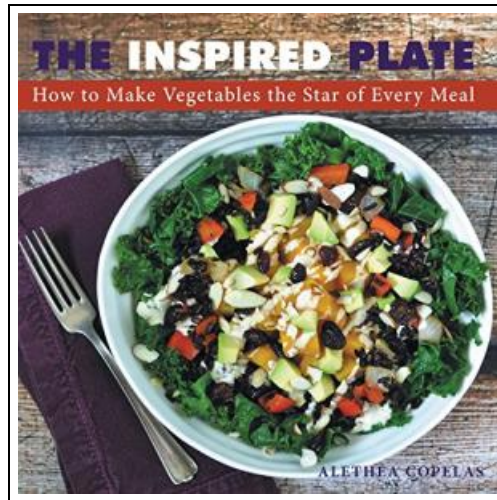


The Inspired Plate (Paperback)



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Dog Ear Publishing, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Healthy, wholesome food should not only nourish you, it should taste good! That is the basic philosophy behind The Inspired Plate, written by Alethea Copelas, a holistic health and lifestyle coach. Work your way through these pages and you will find over 70 recipes that are full of flavor and always satisfying. The book begins with resources on helpful kitchen appliances and gadgets as well as a guide to stocking your pantry. Choose from a variety of recipes including: strawberry corn muffins; carrot cake energy cookies; apple, fennel and carrot slaw with an orange vinaigrette; barley salad with nectarines and blueberries; red lentil and black bean chili; red bliss and parsnip mash; artichoke picatta; paella inspired stuffed poblanos; butternut, black rice and kale bowl with a tahini dressing and grilled pineapple with a honey walnut cookie. Each recipe is accompanied by helpful cooking tips and tricks. The Inspired Plate may be a meatless cookbook, but you don't need to be a vegetarian to enjoy these recipes. The book is great for anyone that wants to incorporate more whole grains, fruits and vegetables into their everyday lives. These creative, yet approachable dishes provide new ideas for well balanced meals for the whole family.



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