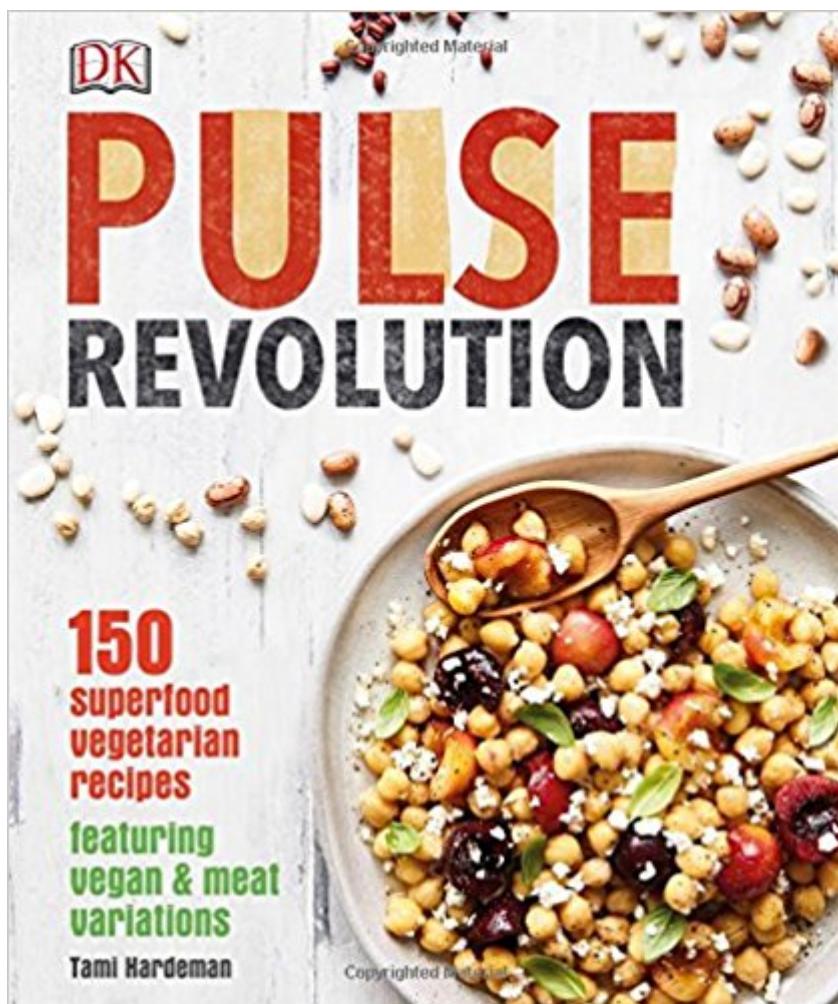


The book was found

Pulse Revolution: 150 Superfood Vegetarian Recipes Featuring Vegan & Meat Variations



Synopsis

With 150 delicious recipes, you can revolutionize your diet with pulses, the powerful plant-based proteins that are full of heart-healthy benefits. Discover the power of pulses—lentils, dry peas, beans, and chickpeas—and draw on culinary traditions from around the world to create healthy meals. The 150 vegetarian recipes are nutritious and satisfying, and have flexible options for vegans and meat-eaters. Try a meat-based twist on the White Bean Coconut Curry, flex the Red Lentil Lasagna for vegan diets, or whip up a batch of Black Bean Brownies that anybody will enjoy. Pulse Revolution has something to offer everyone, from meat-loving omnivores to dairy-free vegans. The book includes: 150 vegetarian recipes flexed to more than 400 ideas with their vegan and meat-based variations. Clear photos of many of the final meals. Pulse profiles that highlight the preparation, cooking, and nutrition of each pulse featured in the book. A "Pulse Exchange" feature that gives readers flexible pulse swaps they can use in recipes. Wide selection of dishes from breakfast to dinner plus desserts. Innovative recipes from around the world support the UN's 2016 International Year of Pulses.

Book Information

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Customer Reviews

Tami Hardeman is a professional food stylist and food blogger behind the popular site, Running with Tweezers. Her work has been featured in numerous magazines, including Southern Living, Cooking Light, and People Magazine, and nearly a dozen cookbooks, including The Skinnytaste Cookbook.

I like the book. I had been thinking of adding more protein rich vegetable choices in my diet and cooking repertoire and this actually has a number of recipes I would be willing to try out and eat. The recipes are well written and the choices available are quite a lot. The recipes can also be altered to make it 90% vegetarian for those just trying to see if they will like it and cannot bear to go fully vegetarian (of which I am a #1 group member). This is a very good addition to my cookbook collection.

I've been challenged finding easy to make, great tasting vegan meals. The recipes in Pulse Revolution are not only easy to follow and use many of the ingredients I already have on hand but are absolutely delicious. The photos are gorgeous and I really like the nutritional breakdown for each recipe. The variations to add meat are great for entertaining. I've already earmarked this a couple dozen pages in the short time I've had this cookbook.

This book is much like Thug Kitchen if you have purchase that cook book as well. All recipes have beans in them. I think this is good even if you are just trying to do a meatless Monday. Good photos, I only wish that I knew where to purchase some of the beans in the book. I am sure the beans could be ordered but are not in grocery stores most likely.

I am making my way through the recipes and find them to be easy to follow and the ingredients are very accessible at my grocery. I really like that the author includes how to incorporate meat as an option or how to go vegan. Lots of flavors! The book has really pretty photos of the dishes to boot!

Nice recipes

Beautiful book with great healthy recipes!!

Found lots of really good recipes here. Everything looks good.

Really creative recipes, and beautifully styled. Can't wait to really dig into this book and try some new recipes!

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