



COOKBOOK

COOKING FROM THE SPIRIT:

EASY, DELICIOUS AND JOYFUL PLANT-BASED INSPIRATIONS
BY TABITHA BROWN

Tabitha Brown, the New York Times best-selling author of “Feeding the Soul,” presents her first cookbook – full of easy, family-friendly vegan recipes and stories, inspired by her health journey and love of delicious food.

After living with an undiagnosed illness for more than a year-and-a-half, Brown – inspired by the documentary “What the Health” – tried a 30-day vegan challenge and never looked back. She started sharing her favorite plant-based recipes with thousands, and now millions, of online fans.

In this book, Brown shares personal stories, inspirational “Tabisms” and more than 80 recipes, including:

- Yam Halves Topped With Maple-Cinnamon Pecan Glaze
- Stuffed Avocado
- Jackfruit Pot Roast
- Crab-less Cakes with Spicy Tartar Sauce
- Who Made the Potato Salad?
- Kale and Raspberry Salad
- Strawberry Cheesecake Cups

“Cooking From the Spirit” is for anyone interested in plant-based eating and all lovers of food, plus anyone who wants a little warm inspiration in their lives.

