

# COOKBOOK



## LOVE REAL FOOD

by Kathryn Taylor

Learn to eat well with more than 100 approachable and delicious meatless recipes designed for everyone - vegetarians, vegans, and meat-eaters alike - with substitutions to make meals special diet-friendly (gluten-free, dairy-free, and egg-free) whenever possible.

The path to a healthy body and happy belly is paved with real food - fresh, wholesome, sustainable food - and it doesn't need to be so difficult. No one knows this more than Kathryn Taylor of America's most popular vegetarian food blog, Cookie + Kate.

With brand-new, creative recipes, Taylor inspires you to step into the kitchen and cook wholesome plant-based meals, again and again. You'll find make-your-own instant oatmeal mix and fluffy, naturally sweetened, whole-grain blueberry muffins; hearty green salads and warming soups; pineapple pico de gallo; healthier homemade pizzas; and even a few favorites from the blog.

Taylor celebrates whole foods by encouraging you not just to "eat this," but to eat like this. Take it from her readers: You'll love how you feel.

