



COOKBOOK

MORE PLANTS

BY IAN THEASBY AND HENRY FIRTH

“More Plants: 30-Minute Plant-Based Meals” is the result of nearly 10 years of writing world-renowned recipes from the No. 1 plant-based authors.

With super simple one-pot recipes and a whole chapter on batch cooking, “More Plants” delivers everything from plant protein breakfasts to delicious family feasts and quick midweek dinners – every dish helps you reach the recommended goal of 30 plant points a week, with ease.

“More Plants” equals more flavor, so whether you’re plant-based, vegetarian, flexitarian or just looking to eat more plants, this book makes plant-rich cooking effortless, energizing and delicious.

Recipes include:

Smoky Smashed Chickpea Breakfast Tacos • Creamy Peanut Miso Ramen
Rocket, Pea and Pistachio Pesto Linguine • Protein-packed Black Dal

Each recipe includes plant, protein and calorie counts as well as plant point hacks so you can keep on top of your macros while getting more plants on your plate.

