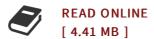




## The Plantpure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film.with Over 150 Plant-Based Recipes (Paperback)

By Kim Campbell

BENBELLA BOOKS, United States, 2015. Paperback. Book Condition: New. 226 x 174 mm. Language: English . Brand New Book. A revolution has begun. From a creative team that includes the producer and writer of Forks Over Knives, the documentary film PlantPure Nation captures the inspiring story of plant-based nutrition s impact on a small town in the rural South and the effort to bring about historic political change. As the film s official companion cookbook, The PlantPure Nation Cookbook brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet. Author Kim Campbell is the wife of PlantPure Nation Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of The China Study and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In PlantPure Nation Cookbook, she shares more than 150 extensively tested, 100 plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as: Buffalo Beans and Greens No-Bake...



#### Reviews

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

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