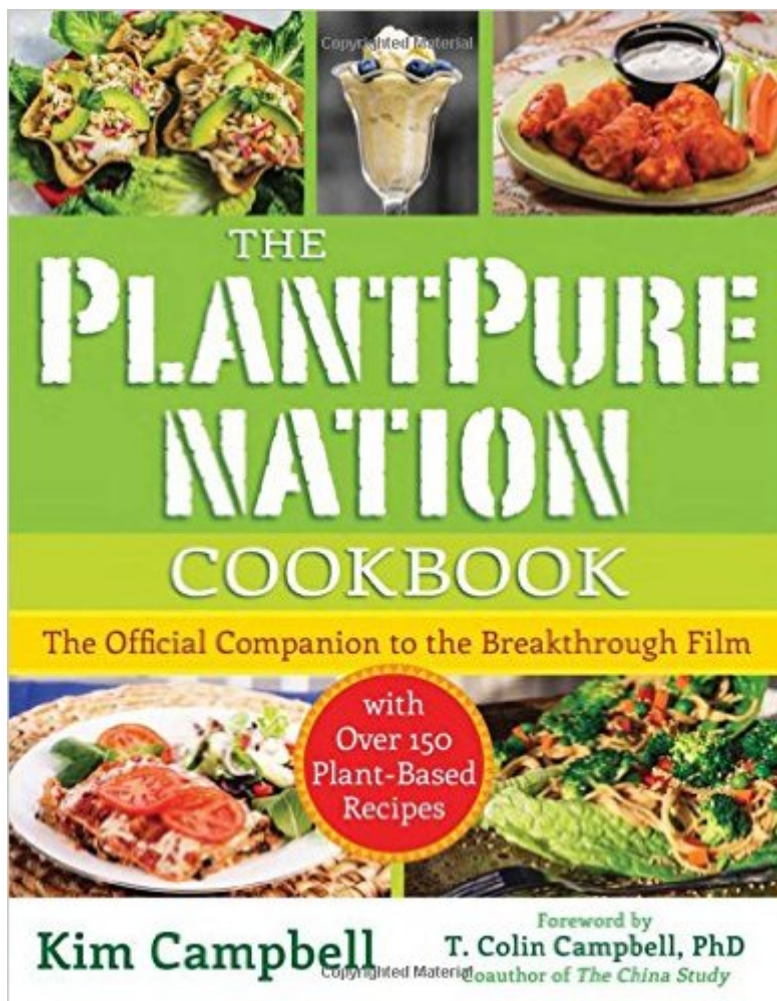


The book was found

# The PlantPure Nation Cookbook: The Official Companion Cookbook To The Breakthrough Film...with Over 150 Plant-Based Recipes



## Synopsis

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 Chocolate Pumpkin Pie Spinach Lasagna Green Pepper Tofu Scramble Reuben Casserole. With a foreword by Dr. Campbell, The PlantPure Nation Cookbook is also filled with tips, tricks, and grocery lists for people interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from PlantPure Nation film, this companion cookbook is a must-have for stimulating healthful eating in your home. Join the revolution to jumpstart your health!

## Book Information

Paperback: 320 pages

Publisher: BenBella Books; 1 edition (March 24, 2015)

Language: English

ISBN-10: 1940363683

ISBN-13: 978-1940363684

Product Dimensions: 7 x 0.8 x 8.9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars — See all reviews (220 customer reviews)

Best Sellers Rank: #5,510 in Books (See Top 100 in Books) #15 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #26 in Books > Arts & Photography > Graphic Design > Techniques

## Customer Reviews

Per usual the Campbell Family, et. al. are in fine form encouraging the world to "Eat Plants". Kim's cookbook companion to the soon to be released "PlantPure Nation" film documentary is a wonderful compliment to the growing arsenal of Plant-Based WholeFoodist cookbooks coming to the forefront. (Another of my personal favorites are the two 'China Study' cookbooks from Kim's sister-in-law LeAnne Campbell.) I absolutely LOVE the full color photographs accompanying each recipe to show you that eating plantpure is a tasty, flavorful, eye-appealing endeavor -- very much contrary to the belief that somehow eating plants won't taste good, or usually looks like 'cardboard' or 'wall-paper paste'. The colors and international variety of 'comfort food' recipes, show the cornucopia of plant-based whole-foods available to those who want to eat plantpure. 'Kim's Hints' mentioned with select recipes help the home cook embrace their kitchen with ease and simplicity. Her recipes are filled with plant ingredients that are readily available and affordable for any newbie plantpure cook, as well as, easy to prepare plantbased substitutions for disease promoting animal-derived products. Her Tofu-Cashew Mayonnaise is a staple in my pantry and a base foundation for many wonderful oil-free dressings & sauces. Cooking for a PlantPure Family is not so expensive, difficult or scary after-all! Interspersed through the cookbook are excerpts from the movie encouraging you to get on board the PlantPure Nation movement to change the way our government and local communities 'do' food.

[Download to continue reading...](#)

The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) Forks Over Knives - The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year American Horticultural Society Plant Propagation: The Fully Illustrated Plant-by-Plant Manual of Practical Techniques The Prevent and Reverse Heart Disease Cookbook: Over 125 Delicious, Life-Changing, Plant-Based Recipes The Nation's Health (Nation's Health (PT of J&b Ser in Health Sci) Nation's Healt) What Customers Want: Using Outcome-Driven Innovation to Create Breakthrough Products and Services: Using Outcome-Driven Innovation to Create Breakthrough Products and Services The Help Yourself Cookbook for Kids: 60 Easy Plant-Based Recipes Kids Can Make to Stay Healthy and Save the Earth Forks Over Knives Family: Every Parent's Guide to Raising Healthy, Happy Kids on a Whole-Food, Plant-Based Diet Quick & Easy Recipes: Over 50 Simple and Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) The Best Slow Cooker Recipes & Meals Cookbook: Over 100 Healthy Slow Cooker Recipes,

Vegetarian Slow Cooker Recipes, Slow Cooker Chicken, Pot Roast ... Recipes, Slow Cooker Desserts and more! Plant-Strong: Discover the World's Healthiest Diet--with 150 Engine 2 Recipes Oh She Glows Every Day: Quick and Simply Satisfying Plant-based Recipes The Plantpower Way: Whole Food Plant-Based Recipes and Guidance for The Whole Family Nourishing Noodles: Spiralize Nearly 100 Plant-Based Recipes for Zoodles, Ribbons, and Other Vegetable Spirals Happy Herbivore Holidays & Gatherings: Easy Plant-Based Recipes for Your Healthiest Celebrations and Special Occasions (Happy Hervibore) My New Roots: Inspired Plant-Based Recipes for Every Season Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes Superfood Soups: 100 Delicious, Energizing & Plant-based Recipes Peace & Parsnips: Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel

[Dmca](#)