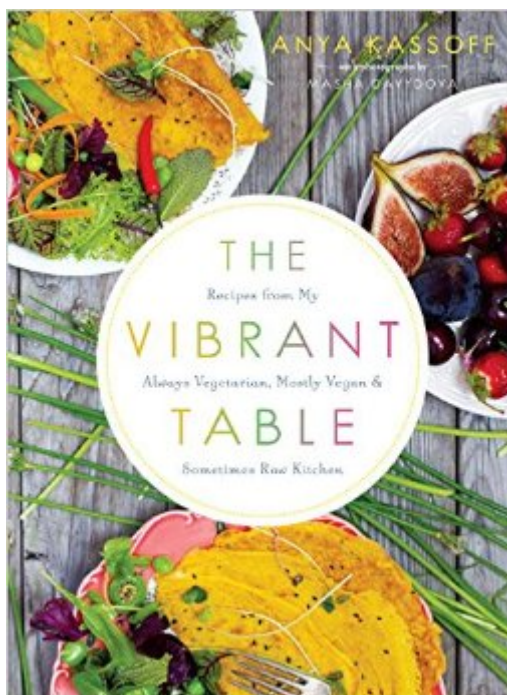


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# The Vibrant Table: Recipes From My Always Vegetarian, Mostly Vegan, And Sometimes Raw Kitchen



## Synopsis

Shows how wholesome plant-based meals, new flavor combinations, and surprisingly simple raw-food techniques can become part of a fun family lifestyle. Walk with Anya Kassoﬀ through farmers' markets, local food shops, and her garden, and you too will start to see fresh fruit and vegetables as the raw materials for artistic expression. Rose petal and honey sundaes, lemongrass and raspberry tiramisu with cardamom cream, amaranth pumpkin porridge: with these recipes in hand, you will never run out of ways to enjoy fresh, whole foods at home. Anya's family-focused food blog, Golubka (Russian for "dove"), has a well-earned reputation for unique recipes that please the palate and senses. Her recipes are healthy by most standards--always vegetarian, mostly vegan, gluten-free, and often raw--and every dessert can serve as an energizing breakfast. Her food is fresh, seasonal, homemade, handcrafted, and 100% delightful, almost whimsical. Over 100 recipes include lighter interpretations of familiar classics and embody a fresh, bright sensibility that will inspire you well beyond the table. Anya's kitchen is part workshop and part art classroom, so many recipes double as food projects that can be done for or with kids. The Vibrant Table is a delicious homage to lightness and elegance at home.

## Book Information

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## Customer Reviews

I bought this cookbook because a popular food blog ([...]) posted the Fig Bars recipe from it. It intrigued me because it used whole food ingredients without adding in processed additions. I was happy to find that all the recipes in this book follow that pattern--whole foods throughout. I was also

pleasantly surprised to see all the flours other than spelt are gluten free. For instance there is a Broccoli Rabe Focaccia that is made with oats, quinoa flakes, pecans and chia seed. I also love the simple and rustic touch of the recipes. I appreciated that these are NOT the same old, same old recipes you see over and over again. Yet at that same time they do NOT fall in that category of being so unusual that your non-vegetarian family and friends will look at them and run for the nearest take-out. On the contrary they will appeal to vegetarians and omnivores alike. I have more cookbooks that I'd like to admit to but only a small handful that I feel I could cook just about every recipe in it and feel like it would be within my range of what I feel is healthy, delicious, and appealing to all. This is one of those few I'll turn to over and over again. If you like cookbooks like The Sprouted Kitchen, Oh She Glows Cookbook, The Blender Girl, and Crazy, Sexy Kitchen then you will enjoy this book immensely.

Absolutely stellar cookbook & a chef's must have! I am extremely picky about cookbooks (and the ingredients used & their food education/information) and we wouldn't even discuss how many I have or have read. THIS cookbook is at my top of my recommend cookbooks! The Vibrant Table uses the best ingredients (and easily accessible) - real food! We NEED more of this! The pictures are delicious and is laid out nicely. Recipes are also easy to follow. Put this one at the top of your cart...your body, health and taste buds will thank you! Bon appetite!

I am eating all these new goodies (ingredients) and so so easy.. I must own over 60 cookbooks.. like seriously i have a weakness for just browsing.. but with this absolute beauty, i am creating in the kitchen everyday. they just keep turning out. The thing i really love about this book versus my many other cookbooks, is the little tips and tricks Anya gives as she writes the recipe. I love how the recipe is like a conversation versus boring fart recipe standard style. It helps me get into groove, and really appreciate why we are mixing this with that. i absolutely in awe i have not used an egg in 6 weeks. I love love eggs, but as Anya says, I'd much rather have egg as by itself. I love them that much and I get the farm ones. So I treasure them, than popping them in the recipe as a binder etc.. So after all this time of desiring to make a shift into even healthier eating (i ate healthy before but not creative), now i've made the jump in just under 6 weeks. I would love it to be ebook and so then we can comment how we went by recipe. As some things have not turned out exactly but all still yummi. So i would love to learn why...

Wow.....why aren't there more reviews? I don't usually take the time to write good or bad reviews

unless highly warranted. I am an avid reader/collector of vegan, raw and vegetarian cookbooks and this is one of the BEST I have stumbled upon!!! The creative and healthy recipes, the simple and well explained instructions, the amazing beautiful photographs for all the recipes make this book a stand out. My favorite new cookbook.

This book is a delight to read and discover. More than a guide to healthy eating, it's inspirational, unique and creative and has beautiful photography. I've made half a dozen recipes already and have bookmarked several more, just eagerly waiting for the seasons to change so I can make them! I realise now this book might be a bit addictive..

this cookbook is a true gem. i'm so happy about the lovely food and beautiful pictures. everything i already made tasted great - not only to me, but to my husband, all my friends and their kids crowding my kitchen :)

Anya Kassoff's cookbook is at once stunningly beautiful and practical. The exquisite photography entices and inspires even the occasional vegetarian cook (like myself) to try healthy, vegetarian recipes. Even more, Kassoff's narrative covers all the basics and serves as an excellent primer into the world vegetarian ingredients and wheat alternatives. I tried the Cauliflower Pie recipe. It was equally delicious as it was beautiful. The photography alone warrants the coveted space atop our family room's coffee table.

OMG! I can not get enough of this book! I bought 6 books for myself and for the gifts! This book is a treat! If you want to impress your guests with unique delicious dishes and deserts that you don't feel guilty to eat, you have to have it as a table book! It is not just a cook book with beautiful pictures, it has a very warm story you would want to read cover to cover!!!

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