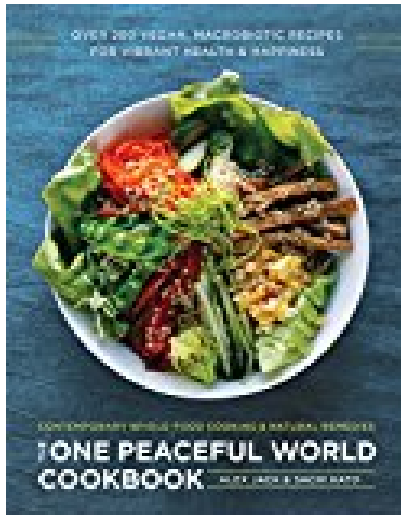


The One Peaceful World Cookbook Over 200 Vegan Macrobiotic Recipes for Vibrant Health and Happiness



BOOK DETAILS

- Author : Alex Jack
- Pages : 350 Pages
- Publisher : BenBella Books
- Language : English
- ISBN : 1944648240



BOOK SYNOPSIS

For more than 35 years, Kushi Institute has set the gold standard for macrobiotic cooking around the world. With campuses in North America, Europe, and Japan, it attracts thousands of people each year to learn how to prepare balanced, sustainable, satisfying meals featuring whole grains; noodles and pasta; tempeh dishes; fresh vegetables; flavorful soups; and other nourishing, predominantly plant-based foods. Drawing on the unparalleled experience of its professional cooking program, Kushi Institute Cookbook: Contemporary Vegan, Macrobiotic Cuisine for Vibrant Health and Happiness will give you the same practical techniques introduced in hands-on classes at Kushi Institute. Based on founders Michio and Aveline Kushi's dietary guidelines, scientific and medical studies documenting the health benefits of macrobiotics, and other cutting-edge research on health, vitality, and fitness, this book features 200-plus delicious recipes, including: Onion Mochi Soup Mushroom Rice Pilaf Millet Croquettes Shiitake and Kombu Broth Tofu Lasagna French Lentil Paté Pad Thai with Tempeh Seitan Stroganoff Sautéed Dandelions Bean Sprout Salad Orange Custard Pecan Cranberry Scones Tiramisu with Cashew Cream Marrying traditional wisdom and modern scientific and medical research, a macrobiotic approach recognizes the profound effects food, environment, activities, and attitude can have on our body, mind, and emotions. Kushi Institute Cookbook empowers you with the tools and recipes you need on your path to optimal health and well-being.

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