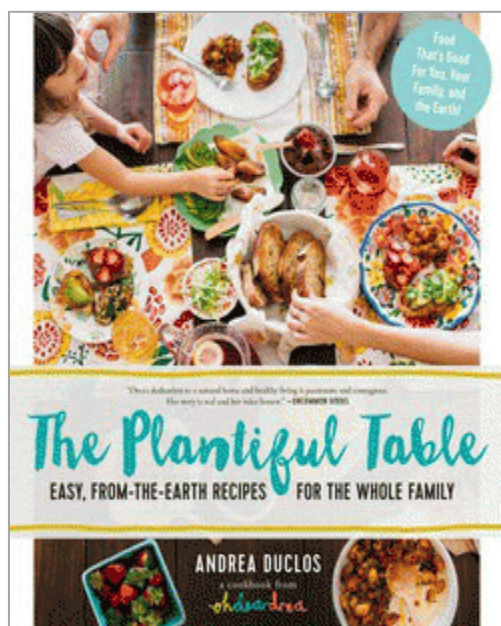


Advance Information

The Plantiful Table

Easy, From-the-Earth Recipes for the Whole Family



Author:	Andrea Duclos
ISBN:	9781615192472
Imprint:	The Experiment
BIC Category:	Vegetarian cookery
Dimensions:	228 x 185 x 26
Binding/PP:	Hardback, 320 pp
Rights Countries:	Ireland & United Kingdom
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Price:	GBP17.99
Illustrations:	Colour Photographs Throughout

Selling Points:

An eclectic collection of more than 125 full flavoured, plant based dishes sure to please everyone, from the pickiest toddler to the hungriest adult.

Description:

For food and lifestyle blogger Andrea Duclos (known as Drea to her friends and followers), “the good life” is a natural, plant based one. But when she sits down with her husband and their young daughter, what’s on the menu? The quick-to-make, tasty creations in The Plantiful Table! Here are: Comfort classics made vegan, such as Mac & Cheese and Shepherd’s Pie A world tour of flavors, from Garam Masala Pancakes to Bánh Mì Chay Pea Pesto, Mushrooms with Crispy Sage, and other amazing “things on toast” Hearty one-pot dishes, festive Latin American fare, chocolaty treats, smoothies, and more! This sunny, down to earth cookbook is proof that eating vegan doesn’t mean taking options off the table. Throughout, Drea gives kid friendly tips so that one meal can feed everyone. Plus, she takes the guesswork out of reviving leftovers. So, from Drea’s family to yours - large or small, all vegan or not - here are hearty meals straight from the earth, perfect for your happy home, every day!