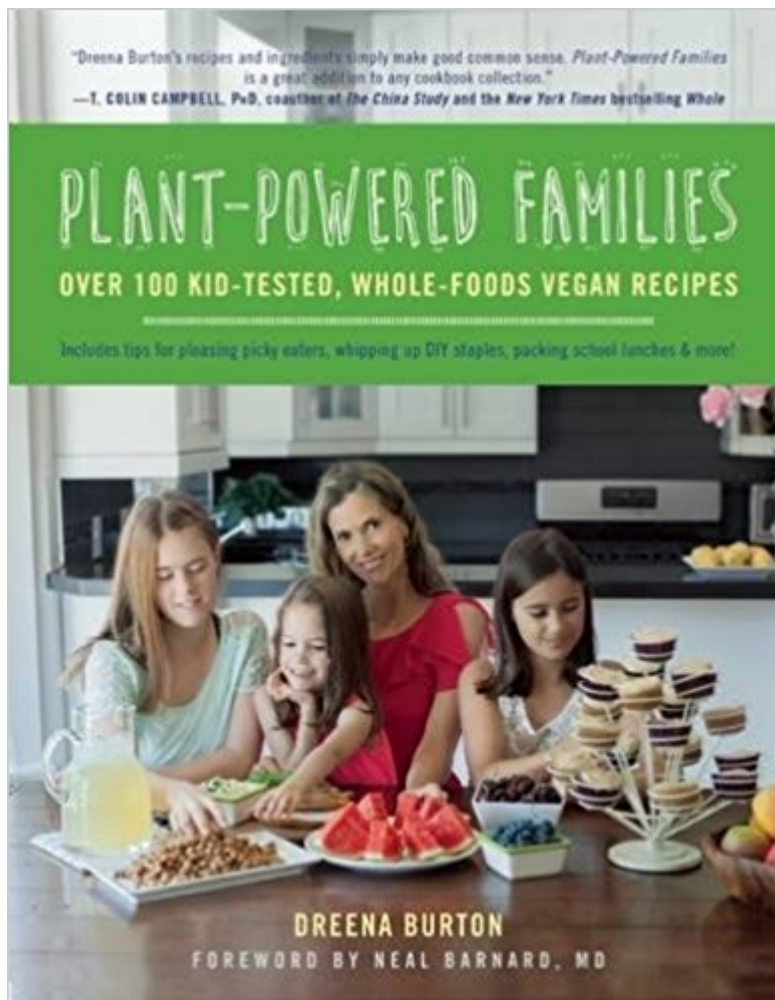




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# Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes



## Synopsis

Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In *Plant-Powered Families*, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie, Vanilla Bean Chocolate Chip Cookies, Cinnamon French Toast, No-Bake Granola Bars, Creamy Fettuccine, Sneaky Chickpea Burgers, Apple Pie Chia Pudding. Plus salad dressings, sauces, and sprinkles that will dress up any dish! With tips for handling challenges that come with every age and stage—from toddler to teen years —*Plant-Powered Families* is a perfect reference for parents raising weegans • or families looking to transition to a vegan diet. Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. *Plant-Powered Families* also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

## Book Information

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## Customer Reviews

"Dreena Burton's recipes and ingredients simply make good common sense. *Plant-Powered Families* is a great addition to any cookbook collection." —T. Colin Campbell, coauthor of *The China Study* and the New York Times bestselling *Whole* "If you've ever struggled with finding healthy, plant-based recipes that excite the entire family, look no further. Dreena's recipes are a triple threat: kid-approved, wholesome, and irresistible!" —Angela Liddon, author of the New

York Times bestseller *The Oh She Glows Cookbook* and creator of [OhSheGlows.com](http://OhSheGlows.com) "Dreena Burton delivers with sage advice and recipes that will properly nourish, satisfy, and delight the taste buds of your entire family." &#151;Brian Wendel, President and founder of Forks Over Knives

"Dreena Burton's *Plant-Powered Families* is the resource we have all been waiting for. It is truly a delectable, detailed, and satisfying guide to cooking and eating nutritiously that is perfect for the entire family. . . . I highly recommend this book as a staple in all health-conscious, food-loving, compassionate-minded households." &#151;Julieanna Hever, MS, RD, CPT, author of *The Vegeterranean Diet* and *The Complete Idiot's Guide to Plant-Based Nutrition* and host of *Z Living's What Would Julieanna Do?* "When it comes to raising healthy plant-powered kids, there's no better guide than Dreena Burton. *Plant-Powered Families* offers a wealth of ways to transform nutrient-dense foods into flavorful, family-friendly meals." &#151;Nava Atlas, author of *Plant Power* and *Wild About Greens* "Plant-Powered Families will revolutionize how you cook. Dreena's recipes are brilliant, combining nutrient-dense foods in imaginative ways to produce the most delicious, family-friendly dishes." &#151;Gene Baur, president and cofounder of Farm Sanctuary and author of *Farm Sanctuary: Changing Hearts and Minds about Animals and Food* "Dreena has jam-packed this book with tummy-satisfying, kid-tested recipes the whole family will gobble up. . . . It's an essential guide for families who want to turn over a new leaf without all the kicking and screaming." &#151;Whitney Lauritsen, author of *Healthy, Organic Vegan on a Budget* "Plant-Powered Families is an exceptional cookbook that should be a household staple. Dreena Burton has once again provided excellent plant-based whole foods recipes, that my whole family enjoys!" &#151;Aaron Simpson, Head MMA Coach "Finally, a collection of whole-food vegan recipes that our kids will actually eat! Not only are Dreena's recipes exciting, healthy, and kid-friendly, but her realistic meal plans, clear nutrition guidelines, and down-to-earth advice help give plant-based parents the confidence that they're doing this right. Mealtime in my house just got a lot more fun!" &#151;Matt Frazier, vegan ultramarathoner, author of *No Meat Athlete*, and father of two young kids "Dreena Burton is a kitchen magician who will have your whole family eating healthy and loving it! *Plant-Powered Families* is packed with delicious, whole foods recipes even the pickiest eater won't be able to resist." &#151;Susan Voisin, *FatFree Vegan Kitchen* "Plant-Powered Families is a masterpiece! Dreena Burton is one of a select few recipe creators with a true commitment to whole foods, plant-based, healthy eating." &#151;Bryant McGill, bestselling author, speaker, and activist

Dreena Burton has been vegan for almost 20 years, in that time writing four bestselling cookbooks

charting her journey as a plant-powered cook and at-home mother of three. Always passionate about creating nutritious recipes, she is an advocate of using the "vegan basics" to create healthy, delicious food for the whole family. Affectionately dubbed "Queen Bean" and "Vegan Cookie Queen" by her readers, Dreena is one of the pioneering vegan cookbook authors. Her cookbooks have garnered a loyal following, and Dreena has earned the respect and reputation for reliable, wholesome recipes. After working in marketing management for several years with an international satellite communications company, Dreena followed her true passion of writing recipes and cookbooks. Dreena has appeared on television and radio and is a recipe contributor for well-known sites, including Forks Over Knives, KrisCarr.com, and PCRM. She has written for Yoga Journal, VegNews, ALIVE magazine, and has been featured in other publications including First for Women magazine. Dreena has won several blog awards including VegNews, VegBloggy, and Vancouver's Ultimate Mom Blog.

So, I have cooked exclusively from this cookbook for 2 weeks, and am ABSOLUTELY AMAZED by how good these recipes are! Here are the pros and cons for this book: Disclaimer: I am not entirely vegan (only 80-90% of the time when I can), but am very passionate about eating plant-based. I also went to culinary school in Paris, so I am experienced in making both vegan and omni recipes. PROS: 1. Although all of Dreena's cookbooks are amazingly healthy, this book is the HEALTHIEST yet! There is absolutely NO white flour, white sugar, or anything in this book. On top of that, this book is completely OIL-FREE. Although the recipes are higher in fat than, say, what is recommended in the McDougall, or Dr. Esselstyn's diets-- the fat percentage is around 20-30% in most recipes, they are fats from whole foods. Dreena has used beans, nut/seed butters, or coconut butter to add protein and additional nutrients, and not to mention creamy texture to her dishes. I especially enjoyed the dessert recipes, which taste even better than any other vegan or non-vegan recipes I have tried, and would definitely be perfect treats even for those doing low-fat vegan. 2. Gluten free, soy free, nut free options: one of the main things I observed with Dreena's last book, "Let Them Eat Vegan", was the abundant use of nuts, which is not a problem at all for me (I love nuts!), but may be a factor of concern for those who have nut allergies. In this book, many of the recipes that require nuts, soy, or gluten are either revised to be allergen free, or include thoughtful and creative options for those who are allergic. What's more, in place of nuts, Dreena has used vegetables to create the same creaminess-- which makes for even more nutritious recipes. For example, the cashew-based Vegveeta dip from LTEV, which I LOVE, is now made with potatoes and oats and is even yummiier :) 3. DESSERTS and BAKED GOODS: oh wow-- I cannot

say enough great things about Dreena's baked goods. I literally baked my way through every dessert recipe in LTEV, and am already halfway through the dessert chapter in this book, and so far every recipe I have made have been A-M-A-Z-I-N-G. I recommend the Dreamy Baked Bananas (topped with Banana Butter Ice Cream), Crazy brownies -- which are made from potatoes, chickpeas, and tahini, but taste better than most of the non-vegan brownies I have had, and vanilla bean chocolate chip cookies (I recommend hunting down vanilla bean powder for this! yum!).4. Pictures: what a treat! Almost every recipe in this book has a picture, which are beautifully photographed, and look absolutely scrumptious. This is a huge change from Dreena's previous cookbooks, and a great change indeed!5. Balanced, fresh and bright flavors: I found the flavors of the dishes in the book to be very balanced. And although the flavors are quite mild, Dreena has skillfully brightened the flavors of her dishes with a restrained yet balanced use of acid and sweetness. Incidentally, on top of being kid-friendly, I found that the mild and fresh-flavored dishes to be very easy to digest as well.

**CONS (Which are non-issues for me personally):**1. Repeated recipes: as a few reviewers have pointed out, this book contains a few repeated recipes. These include 1) recipes that were already published elsewhere (these are mostly oil-free recipes from her Plant-powered 15 cookbook, and the China Study All-Star cookbook), and 2) popular recipes from her previous books, but improved and made allergen-free. I personally don't mind category 1), and LOVE the category 2) recipes. I was SO excited to finally see the greatest past "hits" made EVEN healthier and simpler! But again, if repeated recipes is an issue, or if you already are tweaking Dreena's old recipes, this a point to take note of.2. Fewer recipes as compared to her other cookbooks: this, I suspect, is due to the need to include photos for the cookbook, which would take up twice the amount of space compared to, say, if there were no pictures. Again, this is a non-issue for me because i LOVE photos in cookbooks.

**RECIPES I LIKED.** Just to name a few, these include:Breakfasts: Pumpkin pie smoothie, Chunky Monkey smoothie, Best Banana BreadLunch Fixes:Potato-Meets-Egg Salad, Chickpea nibblesDips and spreads: Mild Cheesy Dip (this is the variation of the Vegveeta Dip), Red Lentil Hummus, Pumpkincredible HummusSoups and Stews: Smoky Bean Chilli, Cream of Cauliflower SoupPizza and Pasta: Mac-nificent (this was even better than the Mac-oh-geez in LTEV! yum)Burgers n' Fries n' Such: Umami Sun-Dried Tomato and Almond Burgers (this was SO good and flavorful-- a must-try), "SweetBalls"DessertsPuddings, Creams and Sauces: Peanut Butter Pudding with Berrylicious Swirl, Milk Chocolate Fudge SauceCookies, Bars, and Energy Bites: Crazy Brownies, Vanilla Bean Chocolate Chip Cookies, "Nicer" Krispie Squares, Sticky Almond Blondies, Nut-Free- "Frosted Brawnies", Vanilla Bean Almond Butter Fudge (yeeeeah I pretty much adore this entire chapter ;p)Frozen treats: Banana

Butter ice cream Cakes and Frostings: Chocolate Sweet Potato Cake, Chocolate ganache Extras!: Dreamy Baked Bananas, (and I am also very excited about making The Great Pumpkin Pie!, which has an oat crust.)

I have been using Dreena's books ever since I became vegan 5 years ago. This newest addition is my absolute favorite because the food is so simple to prepare yet also very healthful and tastes good too. Ingredient lists are brief, and recipe instructions rarely exceed half a page. I do not have a family yet, but the simplicity of the recipes is appreciated as I am a busy graduate student without a lot of free time. There are also sections on meal planning, batch cooking, dealing with packing school lunches, kids' parties, etc. The format of the book is easy to navigate and is very aesthetically pleasing and has an interesting texture that I love. There is a picture for every recipe, which is a rarity in cookbooks! Recipes are all oil-free although not necessarily low-fat (many include nuts/seeds, nut butters, avocados, coconut products). I especially appreciate the section on snack ideas. So far I have tried simplest oatmeal, the green smoothie, zesty raw almond sauce (paired with rice noodles with raw veggies), sloppy joe's, sweet potato fries, chickpea nibblers, and rice krispie treats. The recipes in this books are the ones you will cook on a day-to-day basis and make up what normal, busy vegan people eat! Dreena makes eating healthy easy. Great book, great photos, tasty food.

This has been my most-used cookbook since I bought it a year ago. I'm an ovo-lacto vegetarian, but I'd be happy to eat vegan most of the time. I've made dozens of recipes from this book, from smoothies to main dishes to desserts, and have loved almost all of them. What I especially love about this book is the full-page photo for virtually every single recipe! I have another Dreena Burton cookbook too, and I'm sure the recipes are just as good, but I haven't tried nearly as many because only a few were photographed and it's just harder to work up the motivation to cook something you haven't seen. The photographs also help get my young kids involved--sometimes I'll have them flip through the cookbook and choose a recipe to add to the meal plan that week. Thank you, Dreena!

A few reasons I love Dreena's recipes:- She uses wholesome ingredients, not every vegan cookbook has healthy recipes, some are loaded with unhealthy and overly processed ingredients.- Her recipes are well organized and easy to follow. Some recipes can be intimidating when they have more than a few ingredients, Dreena's recipes are well organized and I could always follow them easily even when I was not very experienced in the kitchen.- Her recipes are flavorful and

work! There are so many recipes posted on blogs out there that don't work quite right. After experimenting with lots of cookbooks and blogs, I always feel such comfort when I cook from Dreena's recipes, the food always comes out great! All her books are excellent additions to anyone's cookbook collection, this new one is a gorgeous book with beautiful pictures for every recipe and it has colors on the sides which makes it easier to get to the sections. There are lots of easy and quick recipes that are simply delicious and perfect for a busy lifestyle. I had a chance to try around 70% of the recipes from this book and can say it's a fabulous book.

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Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes Whole Food: The 30 Day Whole Food Challenge â “ Whole Foods Diet â “ Whole Foods Cookbook â “ Whole Foods Recipes (Whole Foods - Clean Eating) Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes Vegan Cookbook for Beginners: Top 500 Absolutely Delicious,Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet,Weight loss,Vegan Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH BLACK & WHITE PICTURES; Whole Foods Cookbook â “ Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health

and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) The Whole Foods Plant Based Diet: A Beginner's Guide to a Whole Foods Plant Based Diet Rice Cooker Vegan Recipes - Easy Meal Prep Plant Based Cooking: 50 Vegan Recipes Total - 20 Quinoa Recipes (Vegan Rice Cooker Recipes Book 1)

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