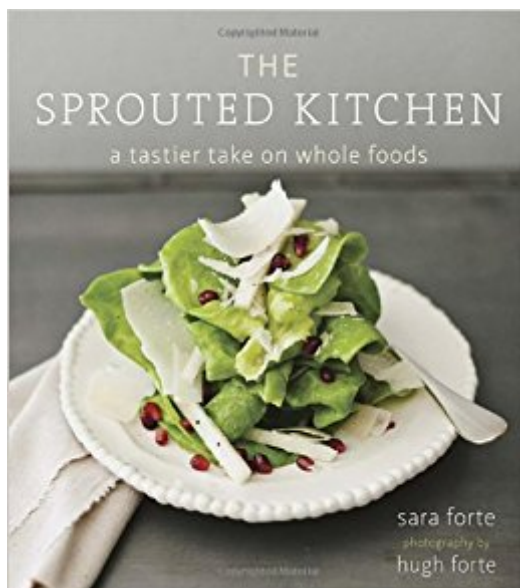


The book was found

The Sprouted Kitchen: A Tastier Take On Whole Foods



Synopsis

Sprouted Kitchen food blogger Sara Forte showcases 100 tempting recipes that take advantage of fresh produce, whole grains, lean proteins, and natural sweetenersâ with vivid flavors and seasonal simplicity at the forefront. Sara Forte is a food-loving, wellness-craving veggie enthusiast who relishes sharing a wholesome meal with friends and family. The Sprouted Kitchen features 100 of her most mouthwatering recipes. Richly illustrated by her photographer husband, Hugh Forte, this bright, vivid book celebrates the simple beauty of seasonal foods with original recipesâ plus a few favorites from her popular Sprouted Kitchen food blog tossed in for good measure. The collection features tasty snacks on the go like Granola Protein Bars, gluten-free brunch options like Cornmeal Cakes with Cherry Compote, dinner party dishes like Seared Scallops on Black Quinoa with Pomegranate Gastrique, â œmeatyâ • vegetarian meals like Beer Beanâ “ and Cotija-Stuffed Poblanos, and sweet treats like Cocoa Hazelnut Cupcakes. From breakfast to dinner, snack time to happy hour, The Sprouted Kitchen will help you sneak a bit of delicious indulgence in among the vegetables.

Book Information

Hardcover: 252 pages

Publisher: Ten Speed Press; 1 edition (August 28, 2012)

Language: English

ISBN-10: 1607741148

ISBN-13: 978-1607741145

Product Dimensions: 8.3 x 0.9 x 9.3 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 138 customer reviews

Best Sellers Rank: #74,613 in Books (See Top 100 in Books) #30 inÂ Books > Cookbooks, Food & Wine > Special Diet > Whole Foods #43 inÂ Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #90 inÂ Books > Cookbooks, Food & Wine > Entertaining & Holidays > Seasonal

Customer Reviews

Featured Recipes from The Sprouted Kitchen Download the recipe for Moroccan Stuffed Squash
Download the recipe for Seared Scallops on Black Quinoa with Pomegranate Gastrique

â œSaraâ ™s recipes are to be shared and savored. Nutritious, hearty, and relaxed, this book is

filled with attractive food and beautiful photographs. Love it all around.âAran Goyoaga, creator of Cannelle et Vanille and author of *Small Plates* and *Sweet Treats*âThe minute I landed on the Sprouted Kitchen website years ago, I knew Iâd stumbled on a kindred spirit. Everything I loved about the site extends itself beautifully into this cookbookâthe vibrant focus on whole foods, the enticing photography, the inspired ingredient combinations, and Saraâs approachable voice. I imagine this book being a welcome addition in many, many kitchens.âHeidi Swanson, author of *Super Natural Every Day*âWe all aspire to eat healthfully, but sometimes those good intentions are foiled by hard-to-source ingredients, restrictive fad diets, and other road-blocks. Sara Forteâs simple yet inventive recipes and straightforward approach to good, clean cooking are a breath of fresh air. From buckwheat tarts to nori popcorn, crispy avocado wedges to sesame date yogurt cups, I canât wait to get cooking.âLuisa Weiss, creator of *The Wednesday Chef* and author of *My Berlin Kitchen*âFrom gastriques to grape salsas and collard wraps to lassis, *The Sprouted Kitchen* proves that eating whole foods can be nutritious, approachable, and interesting. Sara and Hugh are my kitchen kin as they cook and shoot seasonally based, California-focused cuisine in a contemporary and smart manner. This book is a guide for the conscientious eater with creative yet doable ways to cook ethically, practically, andâmost importantlyâdeliciously.âAida Mollenkamp, host of *Ask Aida* and *FoodCrafters*

Though I procrastinate when cooking and rarely cook from a book...I admit I like doing my own thing when creating a meal....I actually love this book! Iâm quite discerning when purchasing my cookbooks, and this one is top-notch. There are many beautiful pictures (something important to me), I like itâs layout, and the processes donât seem time-consuming and are relatively simple to carry out. I plan to also purchase one for my friend who has wanted one for quite some time.

The Sprouted Kitchen is an excellent cookbook if you are looking to introduce yourself to a healthy way of eating. I have only made the granola bars from the cookbook, very pleased with the results. Many other granola bars I have made fall apart when cutting, but Saraâs granola bars are spot on. After they cooled, I cut and placed in the freezer. Sara walks you through a little story about each of her recipes and her husbandâs photography is vivid and amazing. Love the cookbook.

I am so interested in clean and healthy eating. I know how to do it. This book helps, though. Rather than printing recipes from a million blogs I have a source of recipes that we love. Great photos and easy clear instructions make this book a winner for me!

I originally checked this book out at my library to see if it was worth it. I found myself tagging most of the recipes that I wanted to try, so I ended up just buying the book. The photos are nice and the layout/design is very clean - making it very easy to pick up where you left off. Our family has enjoyed everything that I've cooked from this. Definitely a keeper.

One of my favorite cookbooks, I give it as a gift all the time.

I consider myself a pretty good cook, and I cook a lot. I am in love with this book! It's creative, and I find myself coming up with delicious meals based around Sarah's ideas. Which simply means the book is incredibly useful, even if you don't make exactly the recipe specified. She's a gifted young trained cook who seems to know her food, and is a sweet and open teacher. The tips and suggestions are thoughtful and right on target. Simply great ideas for all kinds of dining needs. I knew nothing about the blog, and I'm so very glad I bought the book. Don't think twice about this one - it's a winner!

This is a fantastic cookbook. I was excited to give this stunning cookbook as a gift to a friend after I gave it a trial run. The pictures are stunning--mouthwatering, really. And the overall texture/feel of the book is high quality. I follow her blog and really enjoy her unique recipes. Definitely check out her work. This book makes a great gift!

Such a lovely book! The artistry of the photos by Hugh and the recipes and humorous asides by Sara make it a fun read besides following the easy-to-do recipes. I bought many of these as Christmas gifts for the budding cooks on my list. Bravo to Sara and Hugh!

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

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) The Sprouted Kitchen: A Tastier Take on Whole Foods Whole Food: The 30 Day Whole Food Challenge â Whole Foods Diet â Whole Foods Cookbook â Whole Foods Recipes (Whole Foods - Clean Eating) 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 The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share Whole Food: The 30 day Whole Food Ultimate Cookbook 100recipes (Whole Food Diet, Whole Food Cookbook,Whole Food Recipes, Clean Eating, Paleo, Ketogenic) Whole Food: 60 Recipes of Complete Whole Food Diet to a Total 30 Day Transformation - The Whole Food 30 Diet Meal Plan Guide (30 Day Calendar Cookbook of Whole Foods) Whole Foods: 30-Day Whole Food Cleanse - Plant Based Whole Foods for Beginners, Including over 50 Delicious Recipes The Kitchen Pantry Cookbook: Make Your Own Condiments and Essentials - Tastier, Healthier, Fresh Mayonnaise, Ketchup, Mustard, Peanut Butter, Salad Dressing, Chicken Stock, Chips and Dips, and More! 30 Day Whole Food Slow Cooker Challenge: Whole Food Slow Cooker Recipes; Pictures, Serving, and Nutrition Facts for Every Recipe! Fast and Easy Approved Whole Foods Recipes for Weight Loss 30 Day Whole Food Slow Cooker Challenge: 100 Whole Food Slow Cooker Recipes with Photos and Nutrition Info for Every Meal; Approved Whole Foods Recipes for Rapid Weight Loss 30-Day Whole Food Slow Cooker Challenge: Whole Food Recipes For Your Slow Cooker â “ Fast ,Delicious and Easy Approved Whole Foods Recipes for Weight Loss! Whole: The 30 Day Whole Food Diet CookbookÂ© (The Healthy Whole Foods Eating Challenge - 120+ Approved Recipes & One Full Month Meal Plan for Rapid Weight Loss) Whole Foods: A 30 Day Whole Foods Challenge to Lose Weight, Boost Metabolism and Prevent Diseases Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss The Whole Foods Plant Based Diet: A Beginnerâ™s Guide to a Whole Foods Plant Based Diet Daniel Fast: 50 Plant Based, Whole Foods Daniel Fast Recipes+Daniel Fast Food List And Breakthrough Secrets (Daniel Fast, Daniel Plan, Daniel Plan Cookbook, Whole Foods, Daniel Fast Cookbook) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Pure Cookies | Sprouted, Raw Vegan & Gluten-free: Americas favorite cookies recreated with simple whole ingredients.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)