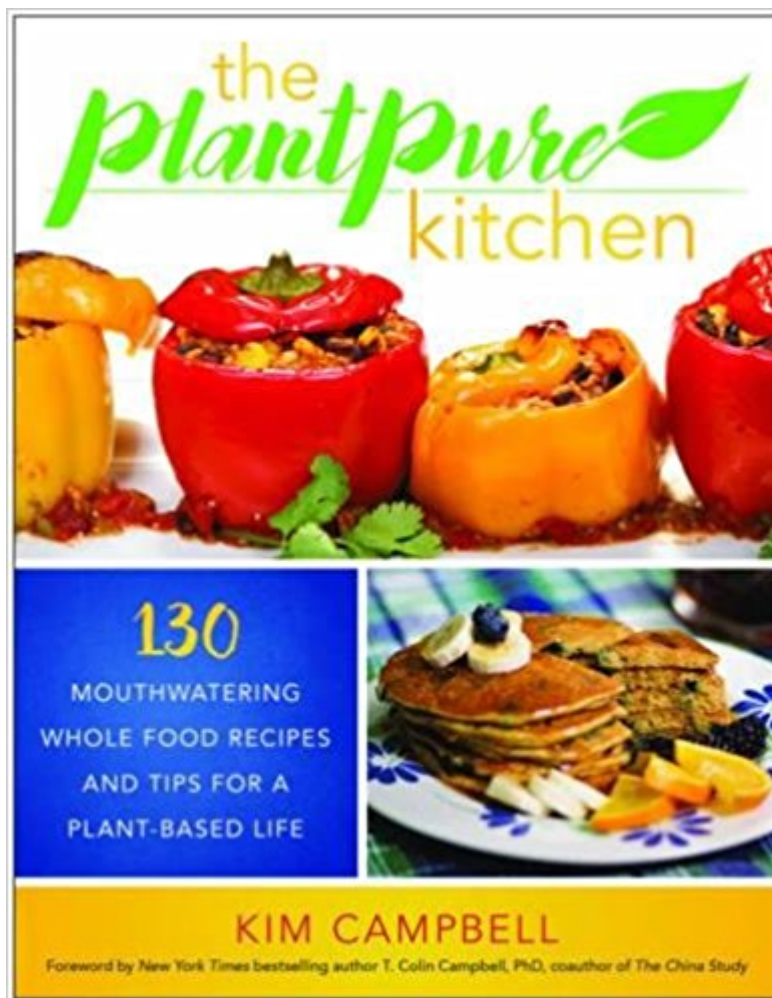




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# The PlantPure Kitchen: 130 Mouthwatering, Whole Food Recipes And Tips For A Plant-Based Life



## Synopsis

Is Your Kitchen a PlantPure Kitchen? The grassroots plant-based nutrition movement inspired by the film PlantPure Nation has helped foster a growing community of whole food, plant-based eaters. Key to its success has been the PlantPure Director of Culinary Education Kim Campbell's inspiring and delicious recipes. In 2015, her cookbook, The PlantPure Nation Cookbook, helped change the way people view the food they put in their bodies. Now, Campbell is back with even more inventive recipes bursting with flavor in The PlantPure Kitchen. Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plant-pure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole lot more. Whether you are new to the lifestyle or looking to expand your own recipe repertoire, The PlantPure Kitchen makes committing to your health through eating plant-based exciting, accessible, and easy! From dips and spreads, like Crockpot Apple Butter, to classic dinners, like Welsh Rarebit, The PlantPure Kitchen's recipes will inspire you to lead a more plant-pure life. Recipes include: Strawberry Rhubarb Streusel Muffins, Asian Noodle Salad, Southwestern Chili Mac, Potato-Crusted Mushroom Quiche, Welsh Rarebit, Slow Cooker Jackfruit Tacos, Hot Fudge Sundae Cake. Featuring a foreword by T. Colin Campbell, coauthor of the groundbreaking national bestseller The China Study, this book will become a kitchen staple for PlantPure veterans and newcomers alike.

## Book Information

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## Customer Reviews

Kim Campbell is the daughter-in-law of Dr. T. Colin Campbell, considered by many as the "science father" of the rapidly growing plant-based nutrition movement. She works with her husband, Nelson, in a health and wellness business promoting a whole-food, plant-based diet. This experience has allowed her to hone her culinary skills, especially in understanding how to create flavors, textures, and presentations that appeal to mainstream consumers experiencing a plant-based diet for the first time. Kim holds a bachelor's degree from Cornell University in Human Service Studies, with a minor in Nutrition and Child Development.

This is the perfect book for both those starting out at plant-based eating as well as those of us who are more experienced at it. I have been eating this way for the past 3-1/2 years, losing over 150 pounds in the process and coming off of all of my prescription medications (which is remarkable for me at the ripe old age of 70 now). What I like about this book is she shows others how they too can easily obtain such results. And she does it in a way that is humble and not pushy. For so many authors of diet and cooking books, it's all about their way or no way. But Kim is not like that. She starts out showing what kinds of foods to have in the pantry and refrigerator of a beginning plant-based food eater. Her list is very comprehensive, although I will say that as a person finds a few good recipes, they may pare down the amount of food items in their pantries. Then she moves into some different foods that many people may not be familiar with. A favorite of mine that she mentions is jackfruit. I've had jackfruit as a substitute for pork in pulled pork and pork barbecue sandwiches and I swear you can't tell the difference. In fact, I've known pork eaters to be secretly given jackfruit without realizing that they weren't eating pork. She also talks about miso (I love miso soup and eat it almost daily myself), nutritional yeast (a great healthy substitute for cheese), tamari, seitan, tempeh (another favorite meat substitute of mine) and tofu. Kim also shows us the things we should have in our kitchen to make some great plant-based meals. This section is invaluable because it is so easy to overbuy on kitchen gadgets and toys. The problem, at least for me, is not only does that become expensive, but where do you store everything? There are only a few essential items that you need and Kim describes what those are. Everything else is just a toy, which may be okay if you have the money and a really big kitchen. She also talks about substitutions. What to substitute in place of an egg in a recipe for example. Or what to use in place of oil. How to substitute for gluten (for those who are gluten intolerant). I could go on and on about what she

covers. I particularly like the section on meal planning and organization. But you get the idea. There are sections on storing fruits and vegetables, moneysaving tips while shopping, how to decode food labels and even an essay about nuts by her father-in-law, Dr. T Colin Campbell (who says yes, eat nuts). And then the recipes: Breakfast recipes, breads, burgers, sandwiches, wraps, dressings and sauces, salads, appetizers, dips, spreads, soups and stews, entrees, side dishes and desserts. It's a very comprehensive book. Even after 3-1/2 years of eating this way, I learned some things from reading this book. And I got some great new recipes to boot. Well worth the money in my humble opinion!

When I got the phone notification from that my book had been delivered, I couldn't wait to get home today and flip through it! We own Kim's first book, PlantPure Nation, and have made nearly recipe from it. In fact, it automatically opens to the Creamy African Stew because we make it so often. I sat down tonight to go through her new book and I am so excited to get cooking! When I read the African Wraps are based on our favorite stew, I knew we had to make those right away. This week, we will also be trying the Blueberry Corn Cakes, Breakfast Potatoes, Green Garden Burgers, and Oatmeal Raisin Mookies. Kim's books are great because her recipes are simple and appeal to a wide group of people. If you already follow a plant-based diet or are just getting started, be sure to grab both of Kim's books and you'll be set! The only thing about this book that I'm disappointed about is there are no pressure cooker suggestions for any of the recipes. I follow PlantPure Nation on Facebook and know that Kim has been using her Instant Pot more and more. She even has a page in this book that talks about the Instant Pot. I know not everything can be made in a pressure cooker, but I was hoping in the "Kim's Hints" she would have included pressure cooker suggested times for some of the soups and such.

This is a gorgeous book. The photographs are beautiful and the variety of plant based meals, sides, salad dressings, entrees, desserts is impressive. Such quality behind the Plant Pure brand. Their frozen meals which can be delivered via FedEx can be ordered on their website and these are REALLY tasty as well! Very reasonably priced too. It's impressive to find a WFPB cookbook with low fat, whole food, plant based and NO OIL!!!! I am so thankful for this book. While I know there were some problems with the initial printing of some copies of this book - NOT WITH THE CONTENTS and RECIPES in the book, but the publishers construction of the book (pages duplicated and missing).... the replacement I got is correct and gorgeous. I'm really sorry that happened to Kim after so much hard work putting a beautiful product like this together. But I appreciate the publisher

correcting that. The books are now corrected. Thanks Kim for such a great addition to my WFPB library. Plant Pure and Engine 2 are the ONLY WFPB cookbooks I will purchase these days. "NO OIL!!!!". Cathy Fisher has a really great WFPB NO OIL cookbook out there as well. Im very pleased with ALL of Kim's creations!!!

Great cookbook!!!! I love PlantPure Nation Cookbook, and now I also love PlantPure Kitchen Cookbook! This weekend I made Little Chickpea Omelets and morning Breakfast Potatoes! Double Yum!!!! The easy to follow directions, pictures, and "Kim's Hints" make it the perfect recipe book in my opinion! I just bought fresh rosemary so that I can make Rosemary garlic bread this week! I highly recommend this book for anyone who wants to cook and eat a delicious whole plant food diet!

Kim has another awesome cookbook. Her first one is a favorite of mine. As a high carb low fat vegan, I am always on the lookout for great recipes to try out, and Kim does not disappoint. Her Blue Cheez dressing is a winner (great with cauliflower buffalo wings!) I love the fact that her recipes go together well, do not require odd ingredients, fit my lifestyle and taste great. If you are HCLF (not fat free, but oil free), this and Plant Pure Nation are the cookbooks to consider.

Kim Campbell's second book is as satisfying as her first, The PlantPure Nation Cookbook. It's wonderful to have another well written cookbook containing tried and true tested recipes that contain no salt, oil, or sugar and that are completely plant-based. I first borrowed a copy from the library. After I had put bookmarks on almost every page, there was no question that I needed to own a copy. If you're on the fence about the tastiness of food like this, jump in. It's a wonderful, healthy way to eat and live.

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