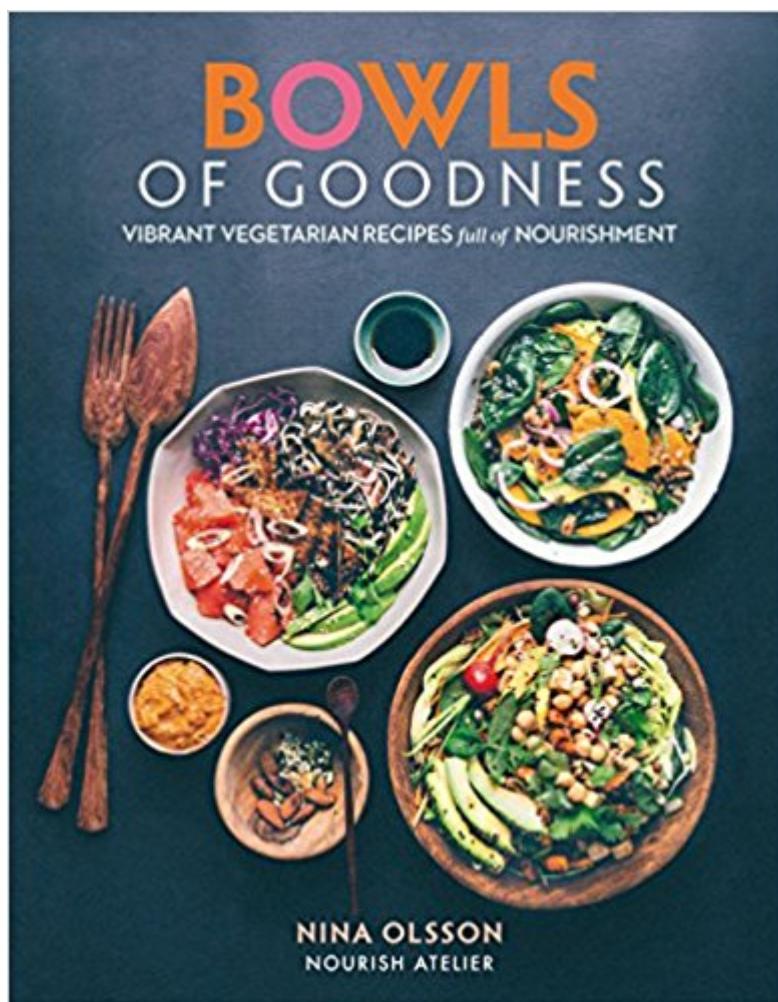


The book was found

Bowls Of Goodness: Vibrant Vegetarian Recipes Full Of Nourishment



Synopsis

Inspired by home cooking and ingredients from around the world, Nina Olsson's eclectic mix of recipes—many of which are all vegetarian, and often vegan and gluten-free too—care based on her hugely popular blog, nourishatelier.com, and showcase plant based bowl food at its best. They include such indulgent and delectable dishes as Cosmic Green Smoothie, Loyal Lentil Chili, Laksa Lux Bowl, Watermelon Poke Bowl, and Almond-filled Dumplings in Blackberry Sauce. From smoothies and salads to noodles and grains, every bowl, whether just for one or for sharing, is brimming with vitality and health, embracing a food philosophy that emphasizes all-round balance and fun.

Book Information

Hardcover: 192 pages

Publisher: Kyle Books; 1 edition (September 5, 2017)

Language: English

ISBN-10: 1909487694

ISBN-13: 978-1909487697

Product Dimensions: 8.1 x 0.8 x 10.6 inches

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

Average Customer Review: Be the first to review this item

Best Sellers Rank: #144,638 in Books (See Top 100 in Books) #34 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #72 in Books > Cookbooks, Food & Wine > Main Courses & Side Dishes > Soups & Stews #209 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

“With Bowls of Goodness, Nina transports us into her colorful and brilliant culinary world. Packed full of unique, creative recipes and Nina's gorgeous signature photography, this book is a feast for both the palate and the eye. A beautiful celebration of flavor and nourishment that will leave anyone inspired and excited for vegetarian food.” (Sophie Bourdon [The Green Life](#) blog)
“Cooking through Nina's book is like taking a culinary trip around the world! Her creative recipes are bursting with life and inspiring flavors, all while being deeply nourishing. This book is perfect for anyone looking to spice up their healthy meals and bring exotic, new tastes to the table!” (Sarah Britton author of [My New Roots](#) and [Naturally Nourished](#))
“Vibrant, creative and truly inspiring.” Bowls of Goodness is brimming with ideas and recipes that are both nourishing

and visually stunning. I cannot wait to cook from this book!Ã¢â€• (Amy Chaplin James Beard awardÃ¢â€œwinning author of *At Home in the Whole Food Kitchen*)Ã¢â€“Bowls of Goodness is a cookbook celebrating real ingredients, prepared in original ways, all served in one of the most gratifying of vessels. Nina Olsson's ability to prepare nourishing, vibrant meals while photographing their beauty is unmatched. Her recipes are a beautiful fusion of flavors and cultures that will make you want to cook again and again.Ã¢â€• (Lindsey Love author of *Chickpea Flour Does It All*)Ã¢â€“With *Bowls of Goodness*, Nina presents an accessible and truly exciting path to eating for wellness. These pages are bursting with gorgeous colors and creative, globally inspired flavors. Along with the transporting photography, these clever and alluring recipes could inspire anyone, at any skill level, to live healthier. The enthusiasm for a life of health and happiness shines through here.Ã¢â€• (Laura Wright author of *The First Mess Cookbook*)

Nina Olsson founded NourishAtelier.com to share her passion for vegetarian cooking. For more than ten years she has worked creatively with food as an award-winning art director, stylist, and designer. Her recipes have recently appeared in publications such as *Elle*, *Delicious*, and *Women's Health*. A native of Stockholm, Olsson today lives along the coast of the North Sea in the Netherlands, with her love Natal and their two children.

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

Vegetarian: 365 Days of Vegetarian Recipes (Vegetarian, Vegetarian Cookbook, Vegetarian Diet, Vegetarian Slow Cooker, Vegetarian Recipes, Vegetarian Weight Loss, Vegetarian Diet For Beginners) *Bowls of Goodness: Vibrant Vegetarian Recipes Full of Nourishment* Vegetarian: Everyday : Vegetarian For Beginners(vegetarian paleo, vegetarian health recipes, vegetarian weight loss recipes, vegetarian weight loss, vegetarian ... book) (healthy food for everyday Book 2) Vegetarian: High Protein Vegetarian Diet-Low Carb & Low Fat Recipes On A Budget(Crockpot,Slowcooker,Cast Iron) (Vegetarian,Vegetarian Cookbook,Vegetarian ... low carb,Vegetarian low fat) *Great Bowls of Food: Grain Bowls, Buddha Bowls, Broth Bowls, and More* VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegetarian: 4-Week Vegetarian Nutrition Cookbook for Everyday Lifestyle - 39 Quick & Easy Vegetarian Meal Plans for Beginners (Healthy Low Carb Vegetarian Recipes for Diet and Lifestyle) KETOGENIC DIET VEGETARIAN: 120 BEST KETOGENIC VEGETARIAN RECIPES (weight loss, ketogenic cookbook, vegetarian, keto, healthy living, healthy recipes, ketogenic diet, breakfast, lunch, dinner, vegan) 50 Dutch Oven

Recipes For The Vegetarian & Quick and Easy One Pot Meals (Vegetarian Cookbook and Vegetarian Recipes Collection 8) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide Through The Best Vegetarian Recipes Ever (vegetarian, Instant pot slow cooker, ... lunch, dessert, dinner, snacks, SERIES 2) Instant Pot CookBook For Vegetarian Legends: Electric Pressure Cooker Guide through the best vegetarian recipes ever (vegetarian, Instant pot slow ... lunch, dessert, dinner, snacks, for two) The Healthy Ketogenic Vegetarian Cookbook: 100 Easy & Delicious Ketogenic Vegetarian Diet Recipes For Weight Loss and Radiant Health (Vegetarian Keto Diet) (Volume 1) The Everything Healthy Meal Prep Cookbook: Includes: Shrimp Taco Meal Prep Bowls * Zucchini Noodles with Shrimp * One Pan Honey-Lime Chicken * No-Bake ... * Jerk Chicken Bowls ... and hundreds more! The Full Box: Gift Set: Full House, Full Tilt, Full Speed, and Full Blast (Full Series) Whole Bowls: Complete Gluten-Free and Vegetarian Meals to Power Your Day Top 30 Turkish Vegetarian Recipes in Just And Only 3 Steps (World Most-Popular Vegetarian Recipes Book 8) Vibrant India: Fresh Vegetarian Recipes from Bangalore to Brooklyn Instant Pot Cookbook Best Recipes: Healthy, Easy, Quickly, Tasty, Vegetarian, Paleo Recipes, Set & Forget Recipes. Power Pressure Cooker Recipes. Instapot recipes. Good Soil: Manure, Compost and Nourishment for your Garden Nourishment Made Simple Cookbook and Wellness Guide 2nd edition

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)