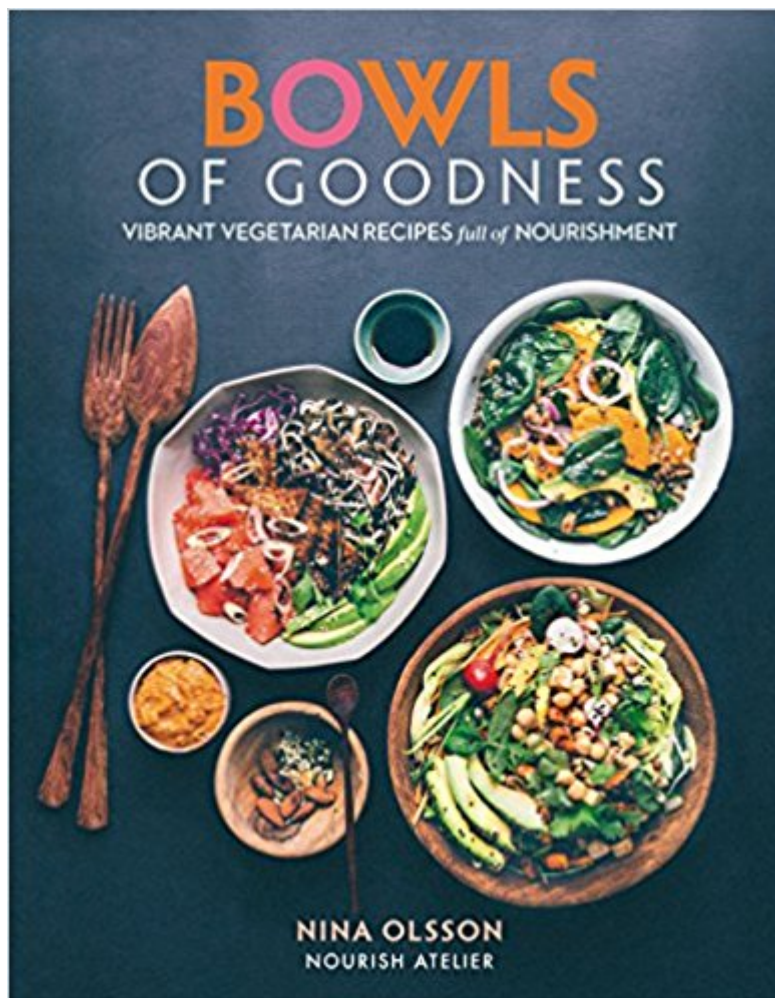




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Bowls Of Goodness: Vibrant Vegetarian Recipes Full Of Nourishment



Synopsis

Inspired by home cooking and ingredients from around the world, Nina Olsson's eclectic mix of recipes—which are all vegetarian, and often vegan and gluten-free too—are 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

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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! –Â• (Amy Chaplin James Beard award –Â• –Â• œwinning author of At Home in the Whole Food Kitchen) –Â• –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. –Â• –Â• (Lindsey Love author of Chickpea Flour Does It All) –Â• –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. –Â• –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.

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