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Super Fresh: Super Natural, Super Vibrant Vegan Recipes

By Ruth Tal

Penguin Canada. Paperback. Condition: New. 288 pages. Dimensions: 10.0in. x 8.0in. x 0.9in. Over 200 energizing and vibrant vegan recipes from Canada's most successful and celebrated vegan restaurateurs. As partners in the award-winning Fresh Restaurants, founder Ruth Tal and chef Jennifer Houston have been using whole, natural ingredients to create crave-able and vibrant vegan meals, juices, and smoothies for almost two decades. In *Super Fresh*, Jennifer and Ruth share over 200 delicious and energizing plant-based recipes that are bursting with natural flavours and pure goodness. We all need food to fuel our bodies, so why not cook with natural ingredients with a high nutritional value? Inside you'll find brand new creations as well as the often-requested and long-awaited recipes for hugely popular Fresh favourites like the All Star and Ace of Kales salads, BBQ Burger, Picnic Burger, Squash Tacos, and Tiger Bowl. *Super Fresh* soups include familiar flavours like the Vegan Chicken Noodle, plus exotic and interesting new flavour combinations like the Roasted Cauliflower with Sumac and the African Black Bean with Berbere and Hominy. Kick your nutrient intake into hyper-drive with Fresh's amazing collection of juices, smoothies, and hand-crafted nut milks. With combinations like the Lucky Charm, Tropical Transfusion, Green Candy,...



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