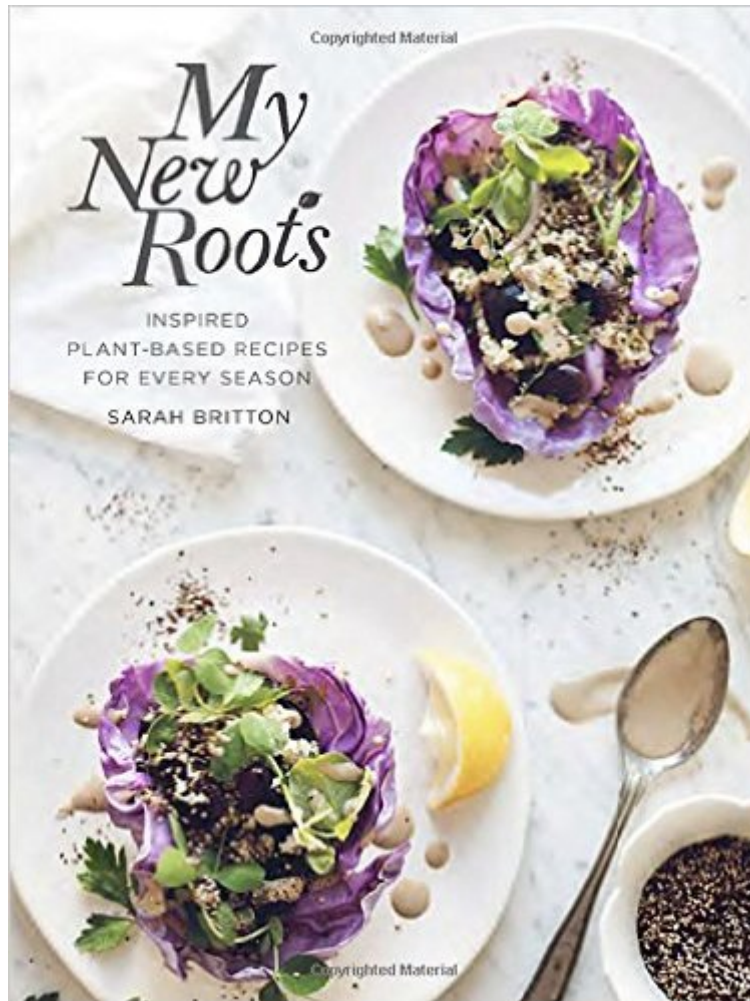


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# My New Roots: Inspired Plant-Based Recipes For Every Season



## Synopsis

At long last, Sarah Britton, called the "queen bee of the health blogs" by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers "vegetarians, vegans, paleo followers, and gluten-free gourmets alike" flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

## Book Information

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## Customer Reviews

I only just recently discovered Sarah Britton and her My New Roots blog when I came across her recipe for Deluxe Butternut Macaroni "Tease". After making that recipe (which was amazing!), I had to pre-order this book -- and am so glad I did! In keeping with the book's subtitle, the recipes are organized by season. (She actually divides them up into five seasons, splitting summer into early and late.) At the beginning of each main section, there is a small Table of Contents that shows the recipes for that season -- broken down by Mornings, Small Measures, Mains, and Sweets. I only wish that a larger Table of Contents had been provided at the front of the book since I've found that it's harder for me to locate recipes -- and the index for this book is a bit briefer than I'd like -- when they're not all laid out up front in the main TOC.

I recently won a copy of this book in a giveaway (not by the publisher), and I was excited to receive it. Looking at it, however, I'm beginning to think that I wouldn't have purchased it for myself, even though I'm always on the lookout for new vegetarian recipes. I don't think this cookbook is really intended for a cook like me. But, I'll explain why and you can decide for yourself how applicable my opinion is. I rarely buy cookbooks online – mostly because it's so impossible to tell what it is you're going to get; a promising title might yield nothing appetizing. For example, because of the title, you may have been under the impression that this book focuses on root vegetables. (Not really, FYI.) So, in an effort to help you decide whether this book has food you're interested in making, I'm listing the recipes. (Just so you know, I'm shortening/paraphrasing some of the recipe titles, some of which got pretty long. I tried to capture the essential character of the recipe, but it's not word for word.) The book is divided into five sections: spring, early summer, late summer, autumn, and winter. I thought that was particularly clever of the author; a plant-based cookbook is going to be very seasonal, but I haven't run across any other arranged in such a manner. Within each section, the recipes are grouped into four categories: • mornings, • small measures, • mains, • and sweets.

Finally, someone has elevated the quality of plant-based cuisine to an entirely new level. Think of this as "Oh She Glows" for the gourmet/foodie crowd, or "Nourishing Traditions" for the health-conscious. I had never heard of Sarah Britton before, but I was impressed by the preview on so I took a chance. So glad I did! I think this cookbook is destined to become a classic because it promotes wonderfully varied and healthy (& yummy) whole-foods based cuisine, and is not the result of the latest fad, or the author's recent conversion to an unsustainable way of eating. These are recipes that you will eat 10 or 20 years from now. I've made about 15 of the recipes so far, and I am truly thrilled with the results! I have been a vegetarian for 44 years, so I've owned many, many vegetarian cookbooks, and I have to say, this is the best cookbook I've ever owned. The recipes are creative. And although some may not recognize all of the ingredients, they are easily found or can be substituted. But, there are enough simple, crowd-pleasing type recipes for every level of home cook to enjoy. I wasn't aware that plant-based doesn't mean vegan (I can't keep up with all of the labels these days!), but I actually like that she has a nice sampling of non-vegan, vegan and raw. I eat eggs (if I know the chicken), but do not eat dairy (obviously no meat, fish or poultry either), and have been able to substitute cashew based things where she uses yogurt or cheese, and coconut oil instead of ghee. I've already gifted a few copies of this cookbook to non-plant-based foodies that I know who also love it.

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