

Fresh



BOOK DETAILS

- Author : Ruth Tal
- Pages : 208 Pages
- Publisher : Collins
- Language : English
- ISBN : 1443429457

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BOOK SYNOPSIS

More nutritious, modern, and utterly delicious recipes from Fresh—the award-winning restaurant chain in Canada. Longtime patrons of Fresh know what to expect: scrumptious meatless meals made from all-natural, wholesome ingredients, full of exotic flavours and energy-boosting nutrients designed to make them feel incredible. In their new cookbook, founder Ruth Tal and co-owner and head chef Jennifer Houston offer Fresh fans even more recipes from their enticing and healthy menu. Loaded with nutritious recipes as well as tips on maintaining a healthy and balanced vegan/vegetarian diet, Fresh balances good eating with great taste on every page. For born food lovers or lovers of the new and trendy restaurant scene, the book also re-creates the dining experience at Fresh, with dozens of colour photographs that showcase the restaurants funky urban decor. Fresh has been featured on Food Networks Best of Show as one of the top juice bars in North America and named one of Torontos top 20 influential restaurants of the past 20 years by Now magazine. The authors previous book, reFresh, was a North American bestseller. Fresh offers 150 new recipes for smoothies, salads, sandwiches, and other delights. A cookbook designed to make healthy eating a daily inspiration, Fresh brings the revitalizing creations of the award-winning Fresh restaurants right into your kitchen.

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