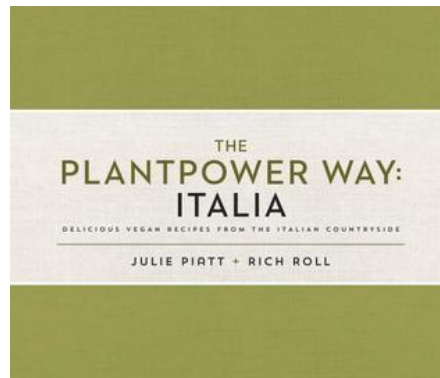




The Plantpower Way: Italia: Delicious Vegan Recipes from the Italian Countryside

Rich Roll

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A plant-fueled lifestyle guide to *la bella vita* , complete with 125 vegan Italian recipes the whole family will love, from the authors of *The Plantpower Way* .

Julie Piatt and Rich Roll have inspired countless people to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, thousands of people are now living healthier and more vibrant lives. Now, with their new cookbook, they're doing it again but with added Italian flair. If you think a healthy vegan lifestyle means giving up your favorite creamy pastas and cheesy pizzas, then think again. In *The Plantpower Way: Italia*, they pay homage to Italy's rich food history with an inspiring collection of 125 entirely plant-based recipes for the country's most popular and time-honored dishes. Julie is known for her creativity and resourcefulness in the kitchen, and her recipes will show just how rich and luscious Italian cuisine can be, without a drop of dairy in sight! Filled with fresh vegan takes on Italian staples, inventive new recipes, and stunning photographs of the Italian countryside, *The Plantpower Way: Italia* is a celebration of Italy's most delicious flavors and will show everyone a fresh, beautiful, and healthful side to Italian cooking.

The Plantpower Way: Italia: Delicious Vegan Recipes from the Italian Countryside Details

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From Reader Review The Plantpower Way: Italia: Delicious Vegan Recipes from the Italian Countryside for online ebook

Inez says

A beautiful book with some great recipes. Plant-based foods in all their glory! I would love to be sitting in the Italian country side eating this food.

I didn't give it a 5 for the following reasons: some ingredients are strange, so it would be nice to have an explanation where they can be sourced; there are a few recipes that are just not appealing, and the photography could be better - some photos make the food look unappetising. But there are some very yummy recipes - the pasta, sauces and cheeses are particularly good. I am sure I will be delving into these recipes for a long time to come.

Diana says

"When I was able to release Rich to his process, without judgement of his food choices, he was left to make his own decisions around food and life. This powerful Jedi move was the catalyst for great transformation in our relationship....." Sorry, but this kind of self important writing rubs me the wrong way. This cookbook has many good recipes, just avoid the life lessons.

If you're a vegan there is a great selection of vegan cheeses to make. There are also quite a few gluten free recipes. While a lot of the recipes sound delicious, I agree with the previous reviewer who thought that some of the food photo looked unappetizing (mainly pasta dishes.)

I've got two 20 pound boxes of peaches to deal with so I'll leave it at that.

Lynn Ma says

Some of the ingredients are rarely find.
