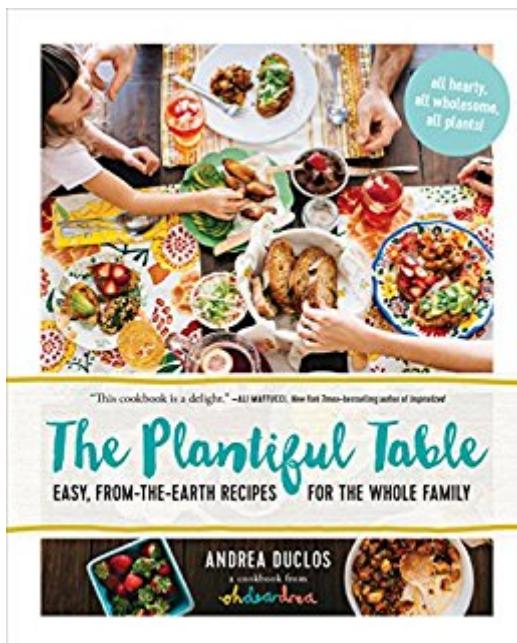


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# The Plantiful Table: Easy, From-the-Earth Recipes For The Whole Family



## Synopsis

Over 125 full-flavored, plant-based dishes sure to please even the pickiest kids and the hungriest adults For food and lifestyle blogger Andrea Duclos (known as Drea to her friends and followers), *âœthe good life* • is a natural, plant-based one. But when she sits down with her husband and their young daughter, whatâ™s on the menu? The quick-to-make, tasty creations in *The Plantiful Table!* Here are:Comfort classics made vegan, such as Mac & Cheese and Shepherdâ™s Pie A world tour of flavors, from Garam Masala Pancakes to BÃ¡nh MÃ— Chay Pea Pesto, Mushrooms with Crispy Sage, and other amazing âœthings on toastâ• Hearty one-pot dishes, festive Latin American fare, chocolaty treats, smoothies, and more!This sunny, down-to-earth cookbook is proof that eating vegan doesnâ™t mean taking options off the table. Throughout, Drea gives kid-friendly tips so that one meal can feed everyone. Plus, she takes the guesswork out of reviving leftovers. So, from Dreaâ™s family to yoursâ "large or small, all-vegan or notâ "here are hearty meals straight from the earth, perfect for your happy home, every day!

## Book Information

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## Customer Reviews

My family is not vegan, but it's hard to sneak veggies into dinners that the whole family can eat. We have a picky 5 year old and a 3 year old who would love nothing else to eat pizza and hamburgers for every meal. We've been able to use several of these recipes just in the first week of owning the cookbook and our kids have really enjoyed dinner... without pizza or hamburgers!

I follow the author's wonderful blog and her cookbook doesn't disappoint! Despite the fact that the book is vegetarian and we are decidedly NOT, there are lots of recipes we have made and simply added ingredients to which turned out great! Our favorite is the yuca and plantain stew, YUM!

I received this beautiful cookbook today and let me tell you-it exceeded my expectations! I will be making the Bahn Mi sandwiches TONIGHT! Beautifully illustrated and written with fun stories along the way. And the color, THOSE colors are amazing! Highly recommend Drea's book and her blog too, I just love it! You won't be disappointed.

This is quickly becoming my favorite cookbook. The recipes are easy to follow, approachable and healthy. I appreciate the consideration given to toddler eating habits since we have one. Also, the photos are gorgeous!

I love its vivid and colorful pictures. The recipes are simple and friendly. All healthful and yummy. Absolutely amazing!

Great cook book with a wide range of recipes. Wonderful pictures and helpful tips including how to make recipes more kid friendly. Only 4 stars because most of the recipes did not spark my interest. To be fare, lots of soy in the recipes and we have a soy allergy.

Easy and delicious. Uses ingredients that can be found at your local supermarket. Well presented and appealing to look at. My children are actually willing to eat many of these recipes. Success!

Well thought-out layout, beautiful photography, easy to make recipes! Found a few things I've always wanted to make but didn't have a proper recipe before, like some Latin American staples.

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to Make for Your Air Fryer (Air Fryer Series) 30 Day Whole Foods Challenge: Beginner's Guide with 150+ Compliant and Yummy Recipes Guaranteed to Lose Weight (Slow Cooker Recipes, Whole Food Recipes, Sugar Detox, Food Addiction)

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