



Mayim s Vegan Table: More than 100 Great-Tasting and Healthy Recipes from My Family to Yours (Paperback)

By Jay Gordon, Mayim Bialik

INGRAM PUBLISHER SERVICES US, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. While she s an actress with a Ph.D. in neuroscience, at the end of the day Mayim Bialik is a mom, one who knows what it s like to be a busy parent with little time to spend in the kitchen. She shares the concerns of parents everywhere: when it comes to nutrition and feeding your family, you want healthy meals, but also food that everyone,kids and parents,can enjoy, and a balanced lifestyle that s inexpensive and fuss-free. Not only does Mayim s Vegan Table share more than 100 easy plant-based recipes for dishes that are as good to eat as they are good for you, but Mayim has also teamed up with pediatrician Jay Gordon to offer: Basic nutritional information about a plant-based diet The real deal on raising kids on a plant-based diet (myths and misperceptions, debunked) Vegan family essentials (including a list of what to always keep in the pantry) Tips and strategies for easy meal planning and healthy eating out And, of course, the food: you ll find recipes for Mayim s favourite breakfasts, snacks, lunches, dinners, and desserts, including...



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