



Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col

Colleen Patrick-Goudreau

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"With *Color Me Vegan*, Colleen Patrick-Goudreau takes veganism to a whole new level. This is exactly what people need to eat more compassionately, experience superior health, and enjoy out-of-this-world flavors. Get ready to taste the real rainbow!"—Rory Freedman, author of the #1 *New York Times* bestseller *Skinny Bitch*

"In *Color Me Vegan*, Colleen Patrick-Goudreau makes assembling balanced meals as easy as painting by numbers. With the publication of her third book, Patrick-Goudreau remains one of the most endearing and innovative vegan chefs."—Bryant Terry, author of *Vegan Soul Kitchen*

"Taking 'nutrient-dense' to a whole new level, *Color Me Vegan* provides a mouthwatering palette of simple but delectable recipes. We should make a point to eat the rainbow, and this book is the pot of gold at the end that is sure to brighten any diet!"—Dr. Michael Greger, Director of Public Health at the Humane Society of the United States

Eat by color for more flavorful meals and extraordinary health!

In *Color Me Vegan*, author and vegan extraordinaire Colleen Patrick-Goudreau brings an edible rainbow of plant-based cuisine to your kitchen table with 150 flavorful recipes designed to boost your health and perk up your palate.

With color as the guiding principle behind each section, Colleen shows vegetarians, vegans, and everyone in between exactly how phytonutrients—the most powerful, pigmented antioxidants on earth, found in everything from select fruits and vegetables, to grains, legumes, nuts, and seeds—can be expertly incorporated into your meals for the greatest nutritional punch.

From the “Color Me Blue” chapter, for example, you’ll be treated to recipes such as:

—Radicchio Fennel Salad with Caper Dressing

—Chilled Blueberry Mango Soup

—Lavender-Roasted Purple Onions

—Eggplant with Dengaku (Sweet Miso) Sauce

—Purple Plum Pie with Crumble Topping

From sensational starters and salads, to filling mains and sides, to crave-worthy desserts—in every color—each recipe is not just a feast for your stomach, but a feast for your eyes as well!

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Mildred Parker:

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Betty Casas:

People live in this new time of lifestyle always attempt to and must have the time or they will get large amount of stress from both everyday life and work. So , when we ask do people have time, we will say absolutely indeed. People is human not a robot. Then we ask again, what kind of activity do you have when the spare time coming to anyone of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative within spending your spare time, often the book you have read is definitely Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col.

Gregory McCormick:

Reading can called brain hangout, why? Because if you find yourself reading a book specifically book entitled Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col your thoughts will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely can be your mind friends. Imaging every single word written in a publication then become one contact form conclusion and explanation which maybe you never get previous to. The Color Me Vegan: Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Col giving you yet another experience more than blown away your brain but also giving you useful information for your better life with this era. So now let us demonstrate the relaxing pattern here is your body and mind will probably be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

Alita Schmidt:

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