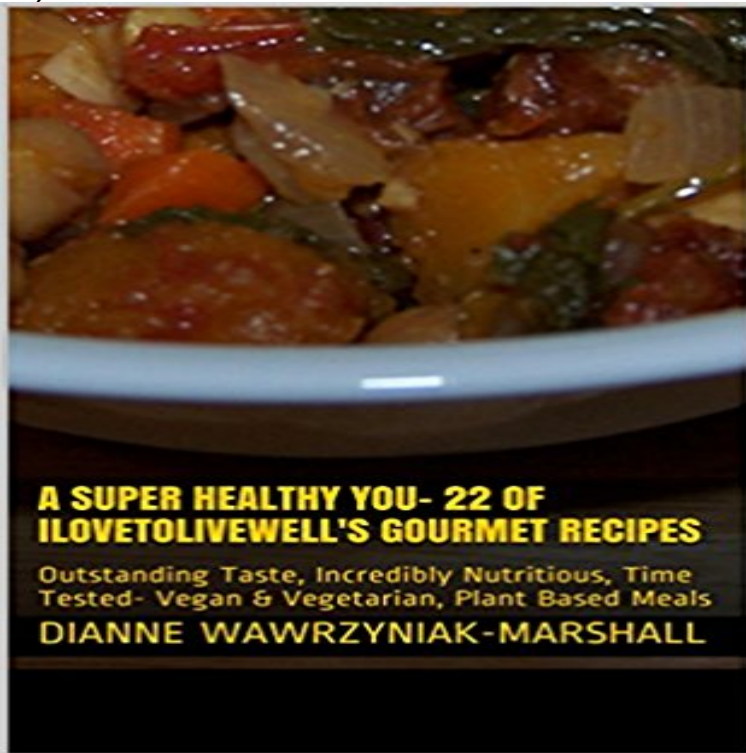


# A Super Healthy You- 22 Of iLoveToLiveWells Gourmet Recipes: Outstanding Taste, Incredibly Nutritious, Time Tested- Vegan & Vegetarian, Plant Based Meals ... Recipes That WOWs Repertoire Book 1)



Whats Inside? Superior Nourishment & Taste Pleasure condiments, desserts, snacks, drinks, main courses, morning meals! The Dishy Details A la carte Choose whats appealing Table dhote Have the full array of whats available from iLoveToLiveWells series- A Healthier You & The Healthiest You! Recipes That WOW! The Appetizing Selections Get them individually OR Have this entire collection in one eBook, and save 60%! Go For The Gold 22 Plant-Based, Real Food Recipes In All On The Menu What Makes Our Recipes Unique? Vegetarian & Kosher 90% Vegan Friendly (only 2 recipes are not vegan #1 & #3) 80% Paleo Friendly (only 4 recipes are not paleo #1, #3, #7 & #8) 95% Gluten Free (only 1 recipe is not gluten free #7) And 80+% Raw Recipes (involve no cooking) Naturally Balance Weight With These Delightful Dishes the iLoveToLiveWell way! Recipe Descriptions Go to the individual recipes page for its description A Trio Of Soups 1} Stellar Tomato Bisque Accented With Dried Tomatoes 2} Silky Carrot Soup With Fresh Parsley Herb 3} Cream Of Potato Soup With Mirepoix, Corn & Two Potatoes Salads Fruity & Savory 4} #1 Cranberry Salad With Figs, Raisins & Walnuts plus a trio of spices, orange, apples and pears 5} Ambrosia Fruit Salad With Banana Take this ambrosia to another level with wild strawberries and coconut whipped cream 6} Superior Kale Salad With Twice Lemon, Pistachios & Olives 7} Tabbouleh Salad With Ancient & Whole Grain, Black Nile Barley A Main Dish Full Of Beans 8} Great Vegetarian Chili With Heirloom Beans & Toasted Cumin that has an incredible depth of flavor from iLoveToLiveWells special chili seasoning A Super Side 9} Herb Walnut Stuffing With Rosemary, Sage, Thyme & Parsley seasoned with garlic, onion and the spectacular coconut aminos Awake To Pleasure 10} Carob Cookie

Cups With Citrus & Coconut 11} Crumb Coffee Cake With Brazil Nuts, Maple & Vanilla 12} Wholesome Breakfasts Mango Berry Soup Banana Nut Pancakes Date Cacao Brownie Condiments 13} Whole Grain Mustard With Exceptionally Nutritious, Brassica Nigra & Coconut Vinegar 14} Blackened Seasoning With Kamon, Chillies, Herbs & Peppercorns 15} Pure Ranch Dressing With Cashew & Almond Milk Cream further enhanced with shallot, parsley, dillweed and white pepper Sensational Smoothies & Divine Drinks 16} Strawberry Lemonade With Basil Also Enjoy this lemonade with sorrel, fennel fronds or mint 17} Cherry Smoothies To Live For in flavors of Black Forest, Cherries Jubilee, Cherry Amaretto & Cherry Vanilla 18} Creamy Dreamy Nog With The Sweet Of Medjool Dates Pie In The Sky 19} Caramel Apple Pie with mulberries, cherries, apricots, peaches or figs! Chocolate Goodness 20} Chocolate Chip Cake With Hazelnuts Additionally, experience this cake with almonds 21} Chocolate Brownie With Pecans & Coconut Its German Chocolate Crunch Brownie With Coconut, Double Chocolate Creme Dessert With Benefits 22} Cacao Fruit Candy This dulcet treat is too good for words! The Basics No Cooking Fluffy Nut Flour Honeyed Fruit Syrup Lush Almond Milk Rich Coconut Butter All The Extras \*No Cooking \*Salted Caramels \*Cream Centers For Cookies \*Creamsicle, Lemon, Vanilla & Carob \*Jams Of Blackberry & Raspberry \*Citrusy Raspberry Vinaigrette \*Cajun, Blackened Spiced Almonds \*Triple Citrus Salt With Chillie \*Virgin Margarita Lemonade \*Peaches & Cream Smoothie \*Sweet Strawberry Milk \*Strawberry Orangeade With Hibiscus Flower & Spearmint \*Strawberries With Balsamic, Black Pepper & Pure Honey \*Coconut Whipped Cream Prepared From Dried Coconut \*Chai Nog With Maple & Chocolate Tabbouleh Stuffed Cucumbers With Preserved Lemon \*iLoveToLiveWells Special Chili

Seasoning \*Taco Seasoning Two Ways  
\*Chai Seasoning Blend Homestyle Tomato  
Sauce \*Deli-Style, Cucumber Dill Relish  
\*DIY Horseradish thats 25 extras!

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