

## Pulse Revolution: 150 superfood vegetarian recipes you can flex for vegans & omnivores



Revolutionize your diet with pulses lentils, dry peas, beans, and chickpeas dried legume crops that deliver powerful protein and heart-healthy benefits, in addition to being sustainably-grown. Drawing on culinary traditions from around the world, Pulse Revolution includes 150 delicious vegetarian recipes that can easily be flexed to work for vegans and meat-eaters alike. Try a meat-based twist on the White Bean Coconut Curry, flex the Red Lentil Lasagna for vegan diets, or whip up a batch of Black Bean Brownies that anybody will love! Pulse Revolution has something to offer everyone, from meat-loving omnivores to dairy-free vegans. The book includes: 150 vegetarian recipes flexed to more than 400 with their vegan and meat-based variations. Mouthwatering photos of over half the recipes. Pulse profiles that highlight the preparation, cooking, and nutrition of each pulse in the book. A Pulse Exchange feature that gives readers flexible pulse swaps they can use in recipes. Wide selection of dishes from breakfast to dinner even dessert. Innovative recipes from around the world support the UNs 2016 International Year of Pulses.

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The recipes themselves look good but when you read the instructions closely, Substitutions can be made to fit vegan, vegetarian, or diets that include meat. **Pulse Revolution: 150 superfood vegetarian recipes featuring vegan** Mar 17, 2017 Audiobook Pulse Revolution: 150 superfood vegetarian recipes 150 delicious recipes, you can revolutionize your diet with pulses, Bean Coconut Curry, flex the Red Lentil Lasagna for vegan diets, Pulse Revolution has something to offer everyone, from meat-loving omnivores to dairy-free vegans. **Pulse Revolution: 150 superfood vegetarian recipes featuring vegan** Mar 18, 2017 Best PDF Pulse Revolution: 150 superfood vegetarian recipes featuring vegan meat variations Pre Order Click to download. **Pulse Revolution: 150 Superfood Vegetarian Recipes You Can Flex** Mar 14, 2017 The Hardcover of the Pulse Revolution: 150 superfood vegetarian With 150

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