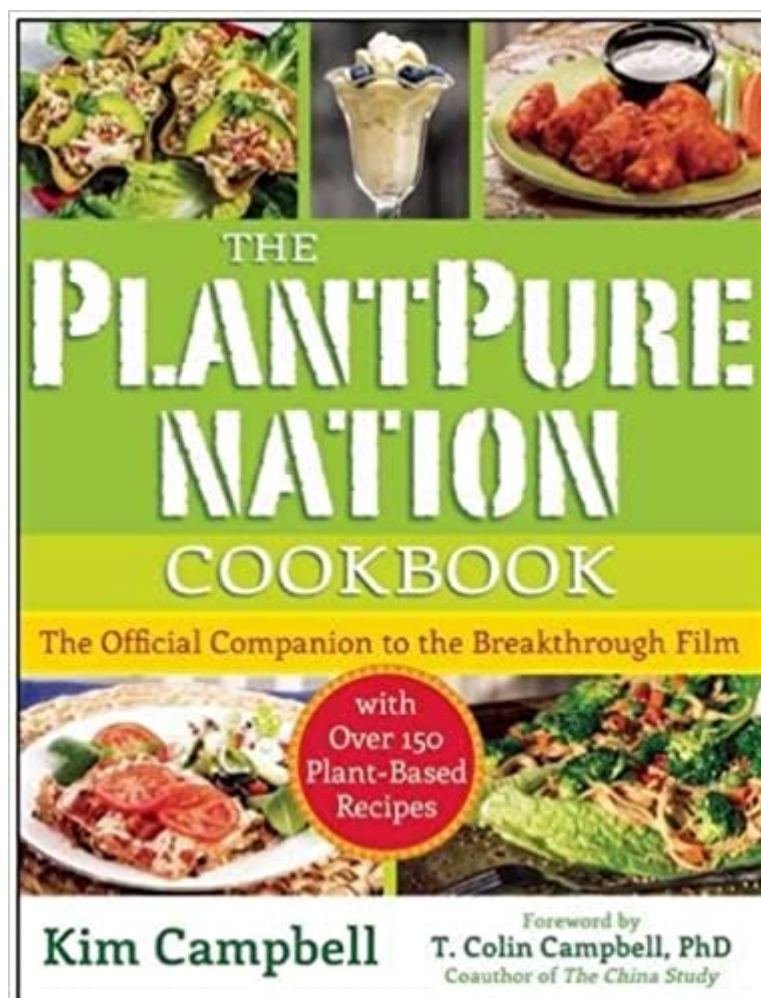




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# The PlantPure Nation Cookbook: The Official Companion Cookbook To The Breakthrough Film...with Over 150 Plant-Based Recipes



## Synopsis

A revolution has begun... From a creative team that includes the producer and writer of Forks Over Knives, the documentary film PlantPure Nation captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, The PlantPure Nation Cookbook brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet. Author Kim Campbell is the wife of PlantPure Nation Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of The China Study and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In PlantPure Nation Cookbook, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as: Buffalo Beans and Greens, No-Bake Chocolate Pumpkin Pie, Spinach Lasagna, Green Pepper Tofu Scramble, Reuben Casserole. With a foreword by Dr. Campbell, The PlantPure Nation Cookbook is also filled with tips, tricks, and grocery lists for people interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from PlantPure Nation film, this companion cookbook is a must-have for stimulating healthful eating in your home. Join the revolution to jumpstart your health!

## Book Information

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## Customer Reviews

"One doesn't have to be a vegetarian to thoroughly enjoy vegetarian food! . . . Behind-the-scenes

details from the popular PlantPure Nation film further enhance this superb choice." &#151;Midwest Book Review

Kim Campbell is the daughter-in-law of Dr. T. Colin Campbell, considered by many as the &#147;science father&#151; of the rapidly growing plant-based nutrition movement. She works with her husband, Nelson, in a health and wellness business promoting a whole-food, plant-based diet. This experience has allowed her to hone her culinary skills, especially in understanding how to create flavors, textures, and presentations that appeal to mainstream consumers experiencing a plant-based diet for the first time. Kim holds a bachelor&#151;s degree from Cornell University in Human Service Studies, with a minor in Nutrition and Child Development.

Since I have a PhD in Holistic Nutrition and Campell's Dad's text "China Study" was a textbook in the program, I'm very familiar with the work that these recipes are based on. At the time I was studying I always thought "someone should make a Cookbook of recipes for this way of eating!"The recipes here are an excellent foundation to follow and to build on if you don't know where to start.. and DO start eating this way, it helped me conquer Lymes disease, something very difficult to eradicate once you contract it.It may seem a bit of a pain to learn and then commit the time to do this. Let me motivate you: not only will you begin to feel and look younger (after you detox all the crap you've built up over time) NO ONE will ever be able to guess your age correctly! I'm well over 60 and people always guess me to be 49 or 50. Better yet, I feel even younger than that. Best of all I'm flexible, vibrant and happy. Not bad for someone plagued with years of depression before I started eating like this. You are what you eat, more clearly... What you eat will determine who/how you will BE.

I never write reviews because I am too busy but this cookbook is so fabulous, I am compelled to review it. This book is perfect for those wanting to transition into a whole foods plant based way of eating but also excellent for those already there.HANDS DOWN MY BESTEST FAVORITE COOKBOOK , (I have 20 or so vegan cookbooks)Here are some if my favorites:. Buffalo Beans and Greens .. crazy good could eat it everyday.Warm Spinach and Mushroom Salad. ..could eat this everday too.Naan Bread... easy peasy.Marinated Tomato and Cucumber Salad ... lookout.BBQ Jackfruit...finally in a cookbook.Italian Eggplant Casserole..!!!!.French Dip Sandwich..OMG.and the piÃfÂ"ce de rÃfÂ©sistance Rueben CasseroleI plan to cook EVERYTHING in this book!GET THIS COOKBOOK

This was exactly what I was searching for! I have a ton of vegan books but a lot of the recipes are super fatty. This book provides really tasty and exciting recipes without the use of oils. Definitely recommended.

I literally just opened the box and scanned this book. I think I am in love. The recipes look delicious and I can see my family (including my omnivore husband) enjoying every one of them. I cannot wait to curl up somewhere and read all the information the author provides in the book in addition to the recipes. I especially love the section on vegan basics for your pantry (that is not the name of it, just my description...salad dressings, mayo, and the like). Oh, and the strawberry rhubarb crumble, Yum! I believe I read the film for which this book is a companion has not yet been released. If the info in the cookbook is any indication of the quality and content of the film, I am on the lookout for it. If you are a vegan or are just looking for good food fixed in the healthiest way, I really encourage you to buy this book.

I like the cook book wish it had more recipes one pr page. I don't have all the ingredients to make everything. But I knew this is about a lifestyle change not just another cookbook. That being said my husband and I watched the documentary on netflix {} last April and have lost between the 2 of us about 130 pounds. My blood work numbers have vastly improved. My husband and I both feel so much better. I may not make every recipe in this cook book but I can say for sure we will never go back to old eating habits. If you have never watched the documentary I highly recommend you do. It's amazing the way we have been lied to for years by the meat and dairy industry.

Per usual the Campbell Family, et. al. are in fine form encouraging the world to "Eat Plants". Kim's cookbook companion to the soon to be released "PlantPure Nation" film documentary is a wonderful compliment to the growing arsenal of Plant-Based WholeFoodist cookbooks coming to the forefront. (Another of my personal favorites are the two 'China Study' cookbooks from Kim's sister-in-law LeAnne Campbell.)I absolutely LOVE the full color photographs accompanying each recipe to show you that eating plantpure is a tasty, flavorful, eye-appealing endeavor -- very much contrary to the belief that somehow eating plants won't taste good, or usually looks like 'cardboard' or 'wall-paper paste'. The colors and international variety of 'comfort food' recipes, show the cornucopia of plant-based whole-foods available to those who want to eat plantpure. 'Kim's Hints' mentioned with select recipes help the home cook embrace their kitchen with ease and simplicity. Her recipes are

filled with plant ingredients that are readily available and affordable for any newbie plantpure cook, as well as, easy to prepare plantbased substitutions for disease promoting animal-derived products. Her Tofu-Cashew Mayonnaise is a staple in my pantry and a base foundation for many wonderful oil-free dressings & sauces. Cooking for a PlantPure Family is not so expensive, difficult or scary after-all! Interspersed through the cookbook are excerpts from the movie encouraging you to get on board the PlantPure Nation movement to change the way our government and local communities 'do' food. Personally hailing from a true 'food desert' Desert community, with an over-abundance of 'fast-food joints' and expensive corporate restaurant franchises make plantpure shopping difficult and greatly limits our families' local options to obtain a variety of affordable fresh produce for our table. Mainly because, ALL of our local communities food is trucked in from great distances with many of the local residents relying on a handful of distance-challenged, high-priced chain groceries, the Colorado River Food Bank, one 'Country Health Market' for specialty items/special orders, or gratefully, obtained from the newest source - an economical and increasingly popular volunteer run BountifulBaskets.org Food Co-Op -- to supply us all with a healthy kitchen pantry. Kim's recipes, highlight simple, easy to prepare, plantpure 'peasant foods' like beans - brown rice and home-made whole grain breads, and an abundance of recipes for affordable carrots, broccoli - cabbage & kale. Personally, we cut our food bill in half after transitioning to a plantpure lifestyle and Kim's recipes are a wonderful addition for any struggling plant-hungry family. The PlantPure Nation Cookbook will be an active resource at our Mojave Desert PlantBased WholeFoodist Society Recipe Exchange Meet-up group. I highly recommend this PlantPure Nation Cookbook to any plantpure newbie, highly seasoned plant-based home cook or those Vegan's looking for more oil-free plant-based whole foods recipes. Eating PlantPure never tasted so good! Relax & Enjoy Life ~ Eat & Drink Plants :)

I am enjoying this cookbook. The Minestrone Soup recipe has become a favorite. I used the carrot cake recipe to make cupcakes, which turned out great and freeze well (I eat them for breakfast on the go!). There are many other recipes I am planning on trying as they look very reasonable and don't require a lot of unusual ingredients.

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