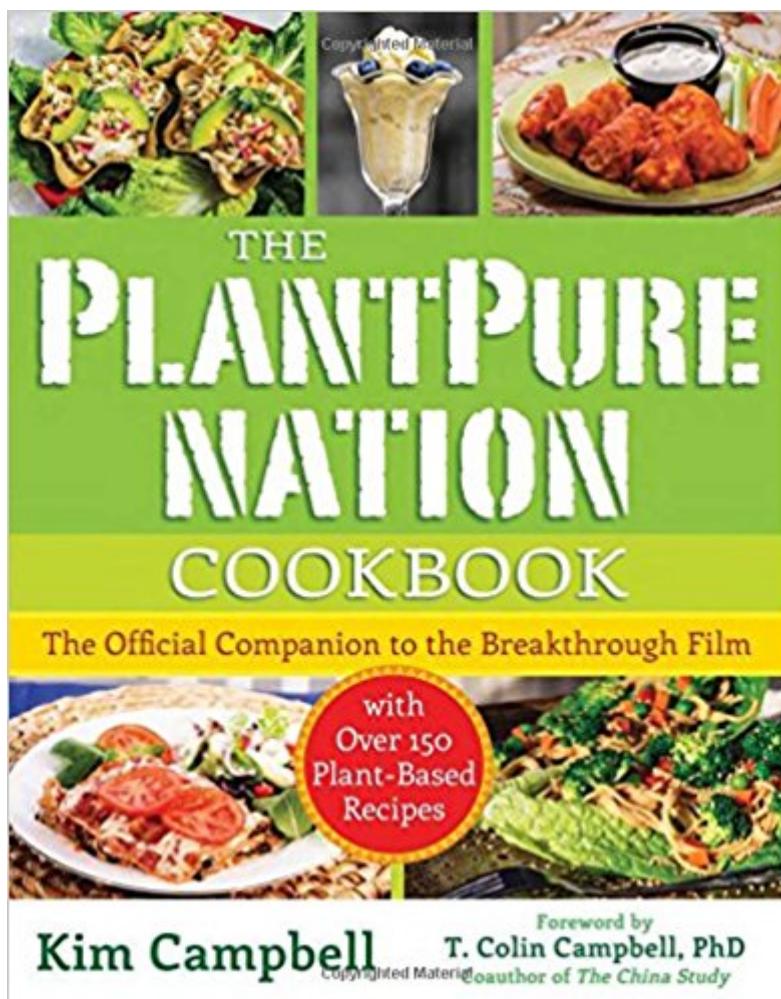


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# The PlantPure Nation Cookbook: The Official Companion Cookbook To The Breakthrough Film...with Over 150 Plant-Based Recipes



## 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 GreensNo-Bake Chocolate Pumpkin PieSpinach LasagnaGreen Pepper Tofu ScrambleReuben CasseroleWith 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

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.

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