



Wild Plate: Modern Living Cuisine

By Laurel Anderson

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Awarded "Best Cookbook of 2014" by VegNews magazine! Wild Plate brings a creative twist to raw foods in a fun and artistic way with flavor infusions that will rock your taste buds. This alluring new 285 page plant-based recipe book features beautiful full color photographs for all 101 recipes that are: RAW + FRESH + DAIRY FREE + HEALTHY + GLUTEN FREE + ENERGIZING Passionately researched, meticulously compiled, and gorgeously photographed, Wild Plate is a recipe book that will enhance a healthy and nutritious diet whether you are a vegan, or a carnivore. It's friendly conversational approach and easy to follow recipes will have you whipping things up in the kitchen with ease while having fun. • 10 x 8 landscape format book • Hardback cover silver foil stamped • Back cover full of testimonials from celebrities, artists, naturopaths, raw food experts, and more... • French fold dust jacket to keep edges from tearing • Full color matte laminated dust jacket with UV coated design features • Black embossed lettering on dust jacket • Smyth sewn binding to ensure longevity of the book and secure pages. • Heavy 105# paper for a substantial page that withstands splats, drips, and spills that happen when getting crafty in the kitchen. • 285 pages of joy • Full color high resolution photographs for all 100 recipes • Soaking chart, degree of difficulty symbols, and equipment symbols on each recipe page • Knowledge and information chapters including; ingredients, tools and equipment, sweeteners, cacao, honey, coconut oil, nut flours, coconut cracking, dehydration, and shopping for produce. • Eleven chapters of recipes including; juices, infused H2O's, smoothies, milks and cream, milkshakes, condiments, salads, appetizers, entrees, desserts, and breakfast. • Full index

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Editorial Review

Users Review

From reader reviews:

Graciela Johnson:

People live in this new day of lifestyle always try to and must have the extra time or they will get lots of stress from both everyday life and work. So , once we ask do people have extra time, we will say absolutely indeed. People is human not really a huge robot. Then we request again, what kind of activity have you got when the spare time coming to you actually of course your answer will unlimited right. Then do you ever try this one, reading guides. It can be your alternative within spending your spare time, the particular book you have read will be Wild Plate: Modern Living Cuisine.

Douglas Elem:

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Donna Feuerstein:

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