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# Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes



## Synopsis

Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In *Plant-Powered Families*, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie, Vanilla Bean Chocolate Chip Cookies, Cinnamon French Toast, No-Bake Granola Bars, Creamy Fettuccine, Sneaky Chickpea Burgers, Apple Pie Chia Pudding. Plus salad dressings, sauces, and sprinkles that will dress up any dish! With tips for handling challenges that come with every age and stage—from toddler to teen years —*Plant-Powered Families* is a perfect reference for parents raising weegans • or families looking to transition to a vegan diet. Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. *Plant-Powered Families* also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

## Book Information

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## Customer Reviews

So, I have cooked exclusively from this cookbook for 2 weeks, and am ABSOLUTELY AMAZED by how good these recipes are! Here are the pros and cons for this book: Disclaimer: I am not entirely vegan (only 80-90% of the time when I can), but am very passionate about eating plant-based. I also went to culinary school in Paris, so I am experienced in making both vegan and omni recipes. PROS: 1. Although all of Dreena's cookbooks are amazingly healthy, this book is the

HEALTHIEST yet! There is absolutely NO white flour, white sugar, proceed anything in this book. On top of that, this book is completely OIL-FREE. Although the recipes are higher in fat than, say, what is recommended in the McDougall, or Dr. Esselstyn's diets-- the fat percentage is around 20-30% in most recipes, they are fats from whole foods. Dreena has used beans, nut/seed butters, or coconut butter to add protein and additional nutrients, and not to mention creamy texture to her dishes. I especially enjoyed the dessert recipes, which taste even better than any other vegan or non-vegan recipes I have tried, and would definitely be perfect treats even for those doing low-fat vegan.<sup>2</sup> Gluten free, soy free, nut free options: one of the main things I observed with Dreena's last book, "Let Them Eat Vegan", was the abundant use of nuts, which is not a problem at all for me (I love nuts!), but may be a factor of concern for those who have nut allergies. In this book, many of the recipes that require nuts, soy, or gluten are either revised to be allergen free, or include thoughtful and creative options for those who are allergic. What's more, in place of nuts, Dreena has used vegetables to create the same creaminess-- which makes for even more nutritious recipes.

I have had all of Dreena's books. I love "Let Them Eat Vegan" --in particular the snack and dessert recipes. This new one is going to be my go-to though because it really makes cooking wholesome meals simple with basic and short ingredient lists and the recipes themselves can be put together quickly. I work long hours and just can't stand intense meals at the end of the day to feed my family. I'm not a novice cook but I also don't like to cool elaborate meals. I like quick and delicious meals with simple to find ingredients and this book delivers. So far we have had:-Home-Style Gravy (A top gravy pick of mine along with the Rich Brown Gravy from Vegan Diner)-Motsa Dip-(YUM! Would never have thought the ingredients used in this would combine to make something that tastes so mozza-like)-Savory Chickpea Omelets (The only negative I can say here is I think turmeric was left off the ing. list to add yellow coloring like the picture)-Best Banana Bread (So light and fluffy. I made these without choc chips and was still fantastic)-Apple Spice Hemp Muffins (These came out a little dense for me. I'm going to try again though. They are a great way to refuel after a workout).-Chickpea Nibbles (A great basic snack)-White Bean Guac (Easy and filling. Great on tortillas. My 5 year old loves this-great way to get protein and healthy fat into her)-Red Lentil Hummus (I liked this but the rest of the fam felt there was a bit too much coriander. I'll try again with half the amount)-Seasoned Polenta Croutons (My 5 year old made these herself, except for the oven part. So easy and delicious. Great for snacking or lunch boxes)-Balsamic Glazed Seasoned Yam Fries (I'm a sucker for yams. These are awesome!

Though I am the only vegetarian in my household, the rest of my family eat a largely vegetarian diet, and though my kids are somewhat adventurous and open to new things ; they not always overly enthusiastic about the vegan dishes I create from the many other vegan cookbooks I own! Hence I saw this and just had to have, in the hope that I can broaden their palettes in a plant based way that is more geared to kids! This is a nice compact sized cookbook with well over 100 recipes that span many different categories, including one I was very interested in - school lunch ideas! It begins with a little background on the author , who having been eating a plant based diet since 1995, chose to raise her family this way, and with three healthy girls enjoying her creation, has chosen to share these dishes with others. She also collaborates with a Registered Holistic Nutritionist to provide "sample meal plans and nutritional guidance" particularly dealing with protein, calcium and iron which are important facets of anyone's diet, but particularly kids! The book then has a nice guide to preparing both your kitchen and family for a plant based way of eating looking at three areas: getting your pantry well stocked, preparing food in batches which is great for those of us who lead busy lives and appreciate it when things are simply easier; and finally involving your kids with everything from shopping to cooking! The pantry guide is presented in a simple, well thought out way; yet is far more comprehensive than other guides I have seen and nothing on the list is so outlandish that you would have to start scouring specialty stores to find it!

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