



Thrive Energy Cookbook: 150 Plant-Based Whole Food Recipes

Brendan Brazier

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Packed with 150 plant-based, nutrient-dense, whole food recipes developed within the Thrive nutritional philosophy, *Thrive Energy Cookbook* brings concepts that started the functional, plant-based nutrition revolution to life. Recipes are all vegan and allergen-free (or with gluten-free options) to eliminate wheat, yeast, gluten, soy, refined sugar, and dairy from your diet.

Easy-to-make and performance-enhancing, these chef-created recipes merge purpose driven functionality (every ingredient has a nutritional purpose) with mouth-watering appeal. From the alkaline-forming, plant protein-packed Vanilla-Almond-Mocha Motivator Smoothie to Roasted Red Pepper & Sweet Potato Soup, Thai Green Curry Rice Bowl, and desserts such as Raspberry Chocolate Pomegranate Tart, *Thrive Energy Cookbook* will have you quickly preparing nutrient-packed and delicious dishes.

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Karen McCarthy:

The actual book Thrive Energy Cookbook: 150 Plant-Based Whole Food Recipes has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was compiled by the very famous author. The writer makes some research previous to write this book. This particular book very easy to read you can find the point easily after perusing this book.

Vincent Newton:

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