



## Yumuniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle

By Heather Crosby

BenBella Books. Paperback. Book Condition: New. Paperback. 320 pages. Dimensions: 8.9in. x 6.9in. x 0.9in. More than 150 plant-based, gluten-free, soy-free recipes! No matter where you land on the diet spectrum, more whole, plant-based foods can enrich your life and improve your health. If you're transitioning to a plant-based diet or you just want some ideas for preparing scrumptious veggie dishes, Heather Crosby provides a step-by-step guide to simply adding more delicious, health-boosting meals to your existing routine, whether you're a meat-eater or a vegan. YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle offers a creative collection of more than 150 craveable recipes without meat, dairy, gluten, or soy. But this is more than just a cookbook; it's a treasure chest that will help you build health-promoting habits and recipes of your own for a lifetime. As a former veggie-phobe, Heather knows firsthand how overwhelming yet rewarding the transition toward a plant-powerful diet can be, so she offers expert advice for folks seeking to adopt and maintain a whole-food approach to what they eat. Fans of YumUniverse.com, Heather's inspirational food website, and new readers alike will discover recipe goodness like her Fig and Caramelized Onion Tart and Almond-Cardamom Cream Chia Pudding...



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### Reviews

*This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that I am sure that I will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Brennan Koelpin**

*Comprehensive guide! It's this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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