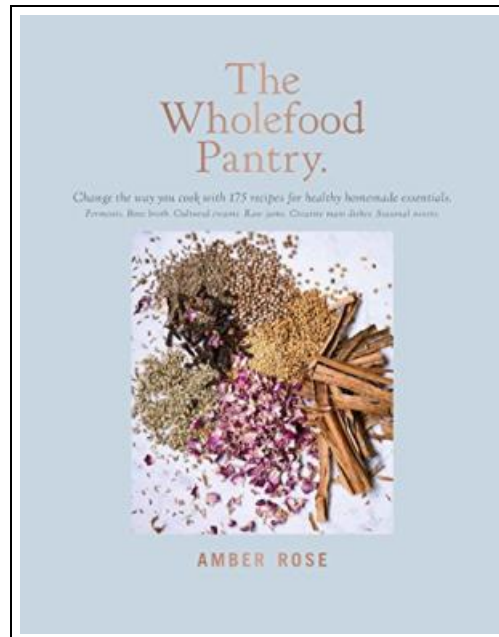


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THE WHOLEFOOD PANTRY: CHANGE THE WAY YOU COOK WITH 175 HEALTHY TOOLBOX RECIPES (HARDBACK)



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Kyle Books, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. We all know the importance of avoiding processed foods and their hidden preservatives and added sugar, but it can be hard to replace those staple sauces, condiments, and flavorings that have been mainstays in our kitchens for decades. Now Amber Rose introduces The Wholefood Pantry, your essential guide to restocking your kitchen toolbox with simple, wholesome, and tasty recipes for stocks, sauces, spice mixes, butters, flavored oils, and more. Learn how to create your own sriracha or plum ketchup, and discover how to create butter from coconut, tortillas from cauliflower, and ice cream from bananas. With a wealth of marinades and dressings you can customize your meats and create delicious, healthy salads. There is also a Sweets section, filled with sumptuous fruit butters, homemade raw chocolate, and fragrant syrups and cordials. Once you have perfected these essential recipes, Amber shows you how to use them in main dishes, rapidly expanding your repertoire to include Shoulder of Lamb with Rose Harissa and Fennel, and Buckwheat Brownies with Salted Honey Caramel. From Kale Ash Salt Mix to Peach and Ginger No-Cook Jam, let Amber change the way you cook forever. Amber's recipes unite luxury with nature. Sadie Frost.



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