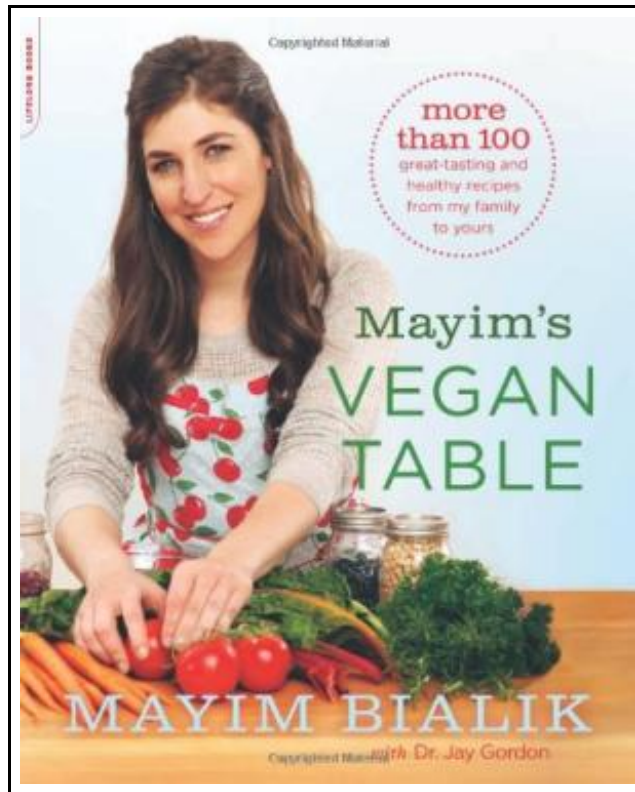


Mayim's Vegan Table: More Than 100 Great-Tasting and Healthy Recipes from My Family to Yours



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(Rebecca Bechtelar)

MAYIM'S VEGAN TABLE: MORE THAN 100 GREAT-TASTING AND HEALTHY RECIPES FROM MY FAMILY TO YOURS



The Perseus Books Group. Paperback. Book Condition: new. BRAND NEW, Mayim's Vegan Table: More Than 100 Great-Tasting and Healthy Recipes from My Family to Yours, Mayim Bialik, Jay Gordon, While she's an actress with a PhD in neuroscience, at the end of the day Mayim Bialik is a mom, one who knows what it's like to be a busy parent with little time to spend in the kitchen. She shares the concerns of parents everywhere: when it comes to nutrition and feeding your family, you want healthy meals, but also food that everyone--kids and parents--can enjoy, and a balanced lifestyle that's inexpensive and fuss-free. Not only does Mayim's Vegan Table share more than 100 easy plant-based recipes for dishes that are as good to eat as they are good for you, but Mayim has also teamed up with pediatrician Jay Gordon to offer: * Basic nutritional information about a plant-based diet * The real deal on raising kids on a plant-based diet (myths and misperceptions, debunked) * Vegan family essentials (including a list of what to always keep in the pantry) * Tips and strategies for easy meal planning and healthy eating out And, of course, the food: you'll find recipes for Mayim's favorite breakfasts, snacks, lunches, dinners, and desserts, including kid-approved meals like build-your-own tacos and mac n cheez, Mediterranean and Asian-inspired salads that parents will love, comfort-food classics like kugel and matzoh ball soup, and many more.



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