



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

By Dreena Burton

Download now

Read Online 

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

By Dreena Burton

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!

 [Download Plant-Powered Families: Over 100 Kid-Tested, Whole ...pdf](#)

 [Read Online Plant-Powered Families: Over 100 Kid-Tested, Who ...pdf](#)

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

By Dreena Burton

Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton

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!

Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton Bibliography

- Sales Rank: #16370 in Books
- Published on: 2015-05-12
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .90" w x 7.00" l, .84 pounds
- Binding: Paperback
- 320 pages

 [Download](#) Plant-Powered Families: Over 100 Kid-Tested, Whole ...pdf

 [Read Online](#) Plant-Powered Families: Over 100 Kid-Tested, Who ...pdf

Download and Read Free Online Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton

Editorial Review

Review

"Dreena Burton's recipes and ingredients simply make good common sense. *Plant-Powered Families* is a great addition to any cookbook collection."

—T. Colin Campbell, coauthor of *The China Study* and the *New York Times* bestselling *Whole*

"If you've ever struggled with finding healthy, plant-based recipes that excite the entire family, look no further. Dreena's recipes are a triple threat: kid-approved, wholesome, and irresistible!"

—Angela Liddon, author of the *New York Times* bestseller *The Oh She Glows Cookbook* and creator of OhSheGlows.com

"Dreena Burton delivers with sage advice and recipes that will properly nourish, satisfy, and delight the taste buds of your entire family."

—Brian Wendel, President and founder of Forks Over Knives

"Dreena Burton's *Plant-Powered Families* is the resource we have all been waiting for. It is truly a delectable, detailed, and satisfying guide to cooking and eating nutritiously that is perfect for the entire family. . . . I highly recommend this book as a staple in all health-conscious, food-loving, compassionate-minded households."

—Julieanna Hever, MS, RD, CPT, author of *The Vegiterranean Diet* and *The Complete Idiot's Guide to Plant-Based Nutrition* and host of Z Living's *What Would Julieanna Do?*

"When it comes to raising healthy plant-powered kids, there's no better guide than Dreena Burton. *Plant-Powered Families* offers a wealth of ways to transform nutrient-dense foods into flavorful, family-friendly meals."

—Nava Atlas, author of *Plant Power* and *Wild About Greens*

"*Plant-Powered Families* will revolutionize how you cook. Dreena's recipes are brilliant, combining nutrient-dense foods in imaginative ways to produce the most delicious, family-friendly dishes."

—Gene Baur, president and cofounder of Farm Sanctuary and author of *Farm Sanctuary: Changing Hearts and Minds about Animals and Food*

"Dreena has jam-packed this book with tummy-satisfying, kid-tested recipes the whole family will gobble up. . . . It's an essential guide for families who want to turn over a new leaf without all the kicking and screaming."

—Whitney Lauritsen, author of *Healthy, Organic Vegan on a Budget*

"*Plant-Powered Families* is an exceptional cookbook that should be a household staple. Dreena Burton has once again provided excellent plant-based whole foods recipes, that my whole family enjoys!"

—Aaron Simpson, Head MMA Coach

"Finally, a collection of whole-food vegan recipes that our kids will actually eat! Not only are Dreena's recipes exciting, healthy, and kid-friendly, but her realistic meal plans, clear nutrition guidelines, and down-to-earth advice help give plant-based parents the confidence that they're doing this right. Mealtime in my

house just got a lot more fun!"

—**Matt Frazier, vegan ultramarathoner, author of *No Meat Athlete*, and father of two young kids**

"Dreena Burton is a kitchen magician who will have your whole family eating healthy and loving it! *Plant-Powered Families* is packed with delicious, whole foods recipes even the pickiest eater won't be able to resist."

—**Susan Voisin, FatFree Vegan Kitchen**

"*Plant-Powered Families* is a masterpiece! Dreena Burton is one of a select few recipe creators with a true commitment to whole foods, plant-based, healthy eating."

—**Bryant McGill, bestselling author, speaker, and activist**

About the Author

Dreena Burton has been vegan for almost 20 years, in that time writing four bestselling cookbooks charting her journey as a plant-powered cook and at-home mother of three. Always passionate about creating nutritious recipes, she is an advocate of using the “vegan basics” to create healthy, delicious food for the whole family. Affectionately dubbed “Queen Bean” and “Vegan Cookie Queen” by her readers, Dreena is one of the pioneering vegan cookbook authors. Her cookbooks have garnered a loyal following, and Dreena has earned the respect and repute for reliable, wholesome recipes.

After working in marketing management for several years with an international satellite communications company, Dreena followed her true passion of writing recipes and cookbooks. Dreena has appeared on television and radio and is a recipe contributor for well-known sites, including Forks Over Knives, KrisCarr.com, and PCRM. She has written for *Yoga Journal*, *VegNews*, *ALIVE magazine*, and has been featured in other publications including *First for Women* magazine. Dreena has won several blog awards including *VegNews*, *VegBloggy*, and Vancouver’s Ultimate Mom Blog.

Users Review

From reader reviews:

Merideth Davis:

Within other case, little individuals like to read book Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes. You can choose the best book if you love reading a book. Given that we know about how is important a book Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes. You can add knowledge and of course you can around the world by way of a book. Absolutely right, simply because from book you can realize everything! From your country until finally foreign or abroad you will end up known. About simple issue until wonderful thing you can know that. In this era, we could open a book or searching by internet product. It is called e-book. You can use it when you feel bored to go to the library. Let's examine.

Carlos Terrill:

Book is actually written, printed, or outlined for everything. You can recognize everything you want by a e-book. Book has a different type. To be sure that book is important matter to bring us around the world. Beside that you can your reading skill was fluently. A book Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes will make you to always be smarter. You can feel far more confidence if you

can know about anything. But some of you think which open or reading some sort of book make you bored. It is far from make you fun. Why they could be thought like that? Have you looking for best book or appropriate book with you?

Clarence Lowery:

The feeling that you get from Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes could be the more deep you looking the information that hide inside the words the more you get serious about reading it. It does not mean that this book is hard to comprehend but Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes giving you excitement feeling of reading. The article author conveys their point in selected way that can be understood through anyone who read this because the author of this guide is well-known enough. This particular book also makes your current vocabulary increase well. So it is easy to understand then can go together with you, both in printed or e-book style are available. We recommend you for having that Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes instantly.

Robert Spann:

A number of people said that they feel uninterested when they reading a guide. They are directly felt the item when they get a half parts of the book. You can choose typically the book Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes to make your personal reading is interesting. Your own skill of reading proficiency is developing when you similar to reading. Try to choose basic book to make you enjoy to study it and mingle the feeling about book and reading through especially. It is to be 1st opinion for you to like to open up a book and go through it. Beside that the book Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes can to be your brand new friend when you're really feel alone and confuse using what must you're doing of their time.

**Download and Read Online Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton
#RQ7WBYSUFCJ**

Read Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton for online ebook

Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton books to read online.

Online Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton ebook PDF download

Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton Doc

Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton MobiPocket

Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton EPub

RQ7WBYSUFCJ: Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton