



Wild Plate: Modern Living Cuisine

By Laurel Anderson

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Awarded "Best Cookbook of 2014" by VegNews magazine! Wild Plate brings a creative twist to raw foods in a fun and artistic way with flavor infusions that will rock your taste buds. This alluring new 285 page plant-based recipe book features beautiful full color photographs for all 101 recipes that are: RAW + FRESH + DAIRY FREE + HEALTHY + GLUTEN FREE + ENERGIZING Passionately researched, meticulously compiled, and gorgeously photographed, Wild Plate is a recipe book that will enhance a healthy and nutritious diet whether you are a vegan, or a carnivore. It's friendly conversational approach and easy to follow recipes will have you whipping things up in the kitchen with ease while having fun. • 10 x 8 landscape format book • Hardback cover silver foil stamped • Back cover full of testimonials from celebrities, artists, naturopaths, raw food experts, and more... • French fold dust jacket to keep edges from tearing • Full color matte laminated dust jacket with UV coated design features • Black embossed lettering on dust jacket • Smyth sewn binding to ensure longevity of the book and secure pages. • Heavy 105# paper for a substantial page that withstands splats, drips, and spills that happen when getting crafty in the kitchen. • 285 pages of joy • Full color high resolution photographs for all 100 recipes • Soaking chart, degree of difficulty symbols, and equipment symbols on each recipe page • Knowledge and information chapters including; ingredients, tools and equipment, sweeteners, cacao, honey, coconut oil, nut flours, coconut cracking, dehydration, and shopping for produce. • Eleven chapters of recipes including; juices, infused H2O's, smoothies, milks and cream, milkshakes, condiments, salads, appetizers, entrees, desserts, and breakfast. • Full index

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