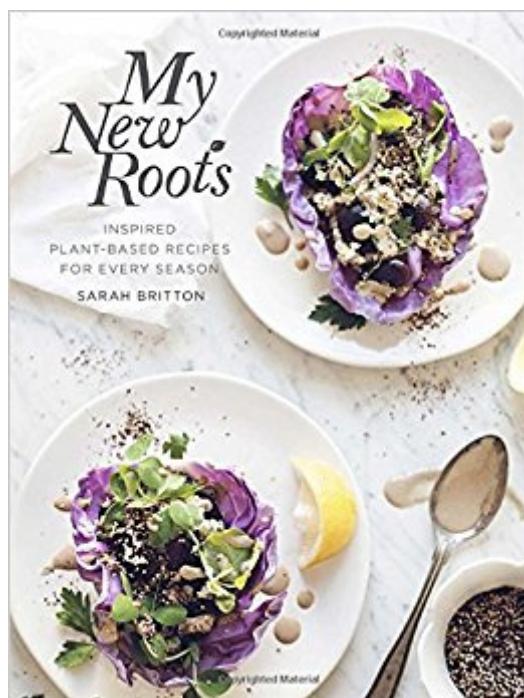


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# My New Roots: Inspired Plant-Based Recipes For Every Season



## Synopsis

At long last, Sarah Britton, called the "queen bee of the health blogs" by Bon Appétit, reveals 100 gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. *My New Roots* is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

## Book Information

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## Customer Reviews

"My New Roots is a beautiful proof that eating with nutrition in mind need not be a compromise. This is an unabashedly enthusiastic riff on the food-as-medicine approach to cooking and eating. Sarah's playful and encouraging voice is infectious; you get the sense that she is waiting on the other side of each recipe to give you a high five." Heidi Swanson, author of *Super Natural Every Day* "Sarah always treads the beautiful line between making whole foods practical and also appealing, leading the way in this new real food movement." Sarah Wilson, author of *I Quit Sugar* "I have been waiting for this book since I first started reading Sarah's blog years ago. She has a gift for writing truly wonderful recipes, vibrant with produce, and has the knowledge to explain why these plant-based foods are good for us. Her sweet spirit shines through every page. So thrilled to have this keeper in my kitchen!" Sara Forte, author of *The Sprouted*

Kitchenâ œBeing healthy and happy is so easy when youâ™re cooking with Sarah. Her gentle approach, love and passion for whole foods, and flair for pairing mind-blowing flavors create fabulous and fresh food that looks stunning and is bursting with personality and life-affirming goodness. With unbelievable tastes and textures, *My New Roots* takes you on an exquisite journey that seduces you with every lift of the fork, leaving you voracious for vegetables.â • â "Tess Masters, author of *The Blender Girl* Â œltâ™s a rare book that delivers inspiration through its every page, yet each one of Sarahâ™s recipes sings with flavor and originality. The entire collection is a seductive introduction to a more wholesome way of eating and an irresistible call to the kitchen.â • â "Clotilde Dusoulier, author of *The French Market Cookbook* and *Edible French* Â œSarahâ™s creativity always inspires. With its vibrant recipes, evocative visuals, witty combinations, and approachable ways to live better, this book is a must for anyone interested in optimal, delicious health.â • â "Laura Wright, [thefirstmess.com](http://thefirstmess.com)Â œThe recipes in Britton's book and on her blog are all plant-based and vegetable-laden, but that doesn't mean rabbit food: Britton is sharing recipes with substance; this is food to dig into, it just also happens to be healthy.â • â "Food52.comâ œMy *New Roots*Â is a cozy book with beautiful photographs, lovely anecdotes, and helpful advice from Britton sprinkled throughout. She brings the same charm and food savvy to this project as she does to her blog, and itâ™s easy to see why she has fans around the globeâ |â • --Yahoo.com

SARAH BRITTON (BFA, CNP) is the acclaimed holistic nutritionist, writer, and photographer behind the popular healthy foods blogÂ [MyNewRoots.org](http://MyNewRoots.org), winner of a 2014Â *Saveur*Â œBest Food Blogâ • award. Sarah has been featured inÂ O,Â theÂ Oprah Magazine,Â BonÂ AppÃ©tit, andÂ Whole LivingÂ and has spoken at TedTalks. She gives nutrition seminars and workshops throughout North America and Europe and has been involved in numerous culinary projects, including Nomaâ™s Test Kitchen. She lives in Copenhagen with her husband and their son.

This cookbook starts with really helpful tutorials on how to make staples like legumes and grains. It has charts for how long to cook and how much water to use for chickpeas versus kidney beans (for example). As a longtime meatatarian, this book has been an enjoyable and accessible entry point into eating more plant-based meals. (A good foil would be Ottolenghi's popular cookbooks, which are also gorgeous and very vegetable forward but a little more intimidating). The recipes are varied and beautifully shot - she sections them off by season, which is a delineation I've never seen before. Sarah's writing is both literary and easy to follow, which I appreciate as a budding food geek and lifelong book geek.

Delicious recipes, beautiful pictures, makes the thought of using unfamiliar ingredients or techniques inviting. Very happy with this cookbook.

The "Life Changing Loaf of Bread" recipe is worth the price of the book. After avoiding bread in my diet for years, this is a healthy, delicious, easy to prepare loaf that's great toasted for breakfast. It does require longer baking time in my oven, than the recipe states, Can be tricky toasting it. I use a pizza stone, instead of baking it directly on the rack as the recipe states. Planning on trying more recipes soon.

This is one cookbook I can't put down. I have tried several of the recipes and they are delicious. Sarah Britton knows her food.

One of my all-time favorite cookbooks, but my all-time favorite food blogger. It can be really hard to find the exotic ingredients she has in her recipes, but the beautiful photos make up for it.

This has already become a favourite cookbook in a house that already has a large collection of them! First off, the recipes are all delicious, combining ingredients in creative ways with amazing results, and are often much easier and quicker to prepare than I might have assumed. She does a great job of organizing the recipes by season and also putting little blurbs of information throughout the book describing the health benefits of various ingredients. And there are some really fun food projects to try in here - I never thought I'd make homemade ginger ale, but I gave it a shot and am loving the results! Favourite recipes (so far): chocolate cherry overnight oats, green galaxy smoothie bowls, quinoa risotto, lentil salad...the list continues to grow. Highly recommend this book!

Best veggie cookbook ever! I love Sarah's blog and have been following it for over three years now. She's so creative with her recipes and they are delicious! You can totally see that she put her heart and soul into this cookbook. I am so glad I bought this book as it will be put to good use in my kitchen.

She is hands-down my favorite food blogger. Everything she makes is SSSOOOOO tasty. I love the section in the back where she talks about all the different oils, grains, super foods, etc. I cannot recommend this book enough!

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