

Whole Bowls: Complete Gluten-Free and Vegetarian Meals to Power Your Day

By Allison Day

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Whole Bowls: Complete Gluten-Free and Vegetarian Meals to Power Your Day By Allison Day

From the creator of the award-winning food blog *Yummy Beet*, turn familiar and traditional tastes into healthy, one-bowl meals.

Healthful, plentiful, and simple kitchen creations feel at home in a bowl. Whether a meal is enjoyed as a weekday breakfast for one or part of a leisurely dinner with friends, whole foods come to life when presented within the walls of this steadfast kitchen vessel.

For Allison Day, the nutritionist and food blogger behind *Yummy Beet*, meal-sized bowl recipes showcase her love of this cozy serving dish, staying true to her philosophy of eating with visually alluring, seasonal, and delicious food you can feel good about.

Along with more than fifty full-meal, vegetarian, vegan, and gluten-free recipes (not to mention the dozens of mini recipes-within-recipes), these pages contain an innovative, easy-to-follow “Whole Bowls Formula” to build your own creations for quick, everyday lunches and dinners. Recipes include:

Curried falafel and kale salad bowls

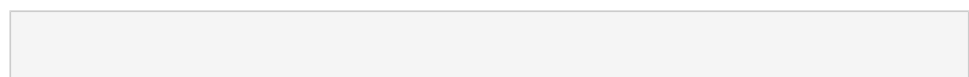
Black bean bowls with butternut squash, black rice, and chimichurri

Oat risotto bowls with soft-boiled eggs, avocado, and hazelnut dukkah

Sunny citrus bowls with orange pomegranate salsa and lemon cream

Carrot cake bowls with a cream cheese dollop and candied carrots

Using real, fresh ingredients, Allison offers straightforward and approachable creations that can be made ahead of time, whipped up quickly on a weeknight, or invented off-the-cuff with her Bowl Formula Guide. With vibrant and exciting photography shot by Allison herself, you’ll be eager to cook and eat her fun, foolproof, and inventive whole bowls.



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Editorial Review

Review

“Allison’s first cookbook is fresh and fabulous! I was bowled over by the mouthwatering photos and flavor combinations. The cauliflower hazelnut pilaf alone is worth the price of the book!” —Greta Podleski, bestselling author of *Looneyspoons*

“*Whole Bowls* makes healthy food crave-able! It marries the concept of comfort food with healthy eating and shows in the most tantalizing way that the two don’t have to be mutually exclusive.” —Chelsea Allen, RD, creator of *Chelsea’s Healthy Kitchen*

“All of the best nutrition advice in the world is of little use if you don’t know how to feed yourself well. Allison effortlessly takes one of my favorite things—a comforting bowl of veg and grains—up a whole bunch of notches (hello, hazelnut dukkah!). *Whole Bowls* will show you just how insanely delicious a plant-centered life can be!” —Desiree Nielsen, RD, author of *UnJunk Your Diet*

About the Author

Allison Day is a nutritionist and the creator of the award-winning whole foods, vegetarian recipe blog *Yummy Beet*. She has contributed to various food, health, and news publications such as the *New York Times*, *Prevention*, and *The Kitchn*. Allison grew up in a small, country town—the place where she first developed her love of seasonal, local foods. She resides in southern Hamilton, Ontario, Canada.

Users Review

From reader reviews:

Pauline Jefferson:

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