



# Pure & Beautiful Vegan Cooking: Recipes Inspired by Rural Life in Alaska

*Kathleen Henry*

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**Pure & Beautiful Vegan Cooking: Recipes Inspired by Rural Life in Alaska** Kathleen Henry

Fresh, Delicious Recipes from an Alaskan Vegan Kitchen

*Pure & Beautiful Vegan Cooking* is a cookbook that speaks to your heart and soul, helping you to connect with others, the earth and yourself as you prepare beautiful, wholesome meals. Kathleen Henry's cooking is inspired by the pure and nourishing abundance of rural Alaska, where she was born and raised. The result is an incredible collection of 80 recipes that highlight plant-based, whole-food and seasonal ingredients, so you can be kind to your health and the environment. The recipes are versatile to any occasion—whether it's a quick weeknight dinner, a large gathering with friends or a quiet morning on your own—and they're so delicious you'll come back to them again and again. Inside you'll find recipes like:

- Caramel Banana-Oat Pancakes
- Creamy Rosemary Chickpea Pasta
- Baked Sage Risotto with Mushrooms & Chard
- Vegetable Chowder with Arugula
- Sweet Potato Beet Burgers
- Walnut-Chickpea Tacos with Chipotle Aioli
- Chai-Spiced Ginger Muffins
- Wild Blueberry, Rhubarb & Hazelnut Crisp

Whether you're a vegan, vegetarian or omnivore, the down-to-earth recipes and stunning photography in *Pure & Beautiful Vegan Cooking* will help you eat well and lead a compassionate, healthy life.

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#### **Concepcion Shaw:**

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