



Pure Food: Eat Clean with Seasonal, Plant-Based Recipes

Veronica Bosgraaf

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Bring more whole, real ingredients into your kitchen and replace processed foods with the 120 plant-based recipes in *Pure Food*.

A busy mother of three who was frustrated with trying to find healthy, organic snacks for her kids, Veronica Bosgraaf decided to make one herself, the Pure Bar. Now nationally available and widely beloved, the bar kick started a nutrition overhaul in Veronica's home. Clean foods and a new, simple way of cooking and eating replaced anything overly processed and loaded with sugar.

Organized by month to take advantage of seasonal produce, *Pure Food* shares Veronica's easy vegetarian recipes, many of which are vegan and gluten-free, too.

- January: Lemon Ricotta Pancakes, Winter Garlic and Vegetable Stew, Chocolate Rice Pudding
- April: Asparagus with Turmeric-Spiced Almonds, Egg Noodles with Wild Mushrooms and Spring Greens, Roasted Cauliflower with Quinoa and Cashews
- July: Watermelon Mint Salad, Grilled Garlic and Summer Squash Skewers with Chimichurri, The Perfect Veggie Burger
- November: Caramelized Pear Muffins, Parsnip and Thyme Cream Soup, Wild Rice and Pecan Stuffing

With 18 color photographs and tips for "cleaning" your kitchen and lifestyle—from drying your own herbs to getting rid of chemical cleaners—*Pure Food* shows the simple steps you can take to make your cooking and living more healthful.



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