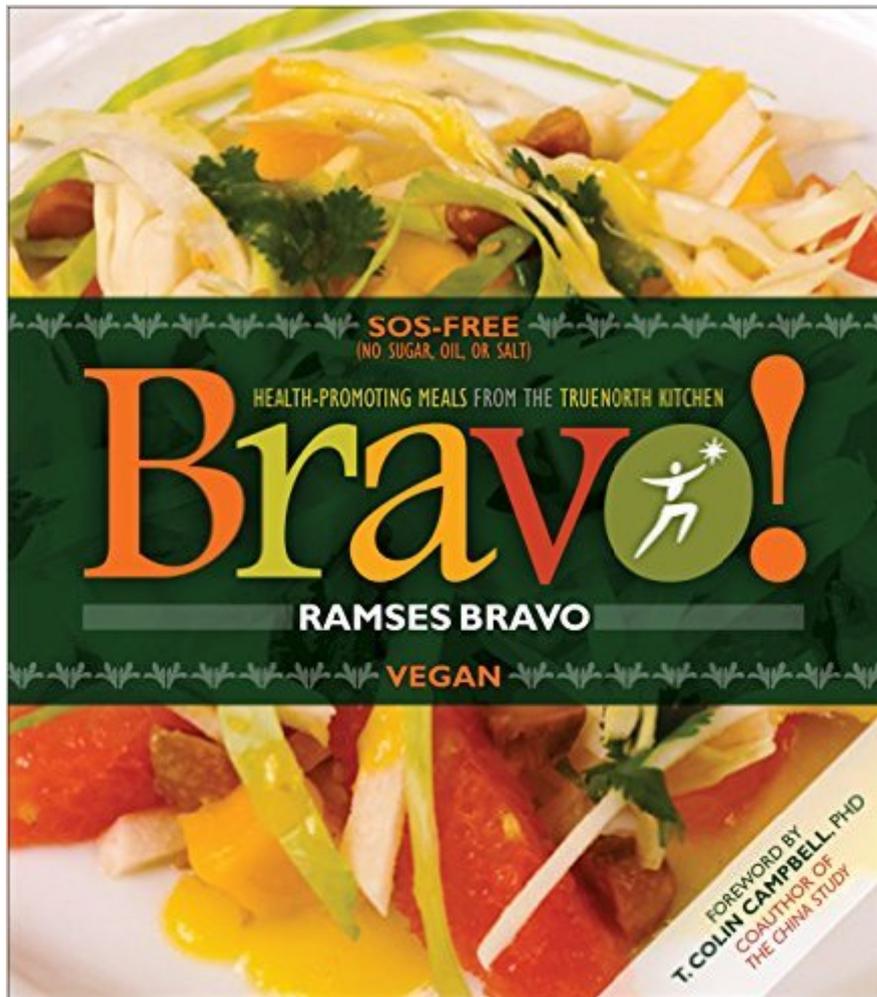


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Bravo!: Health Promoting Meals From The TrueNorth Health Kitchen



Synopsis

Bravo! is a collection of delicious, health-promoting recipes from the TrueNorth Health Center in Santa Rosa, California. These recipes are at the core of a food-based treatment strategy to help regulate weight and safeguard against disease. More than 7,000 people have recovered from numerous chronic diseases, including diabetes, high cholesterol, obesity, and hypertension following their program. Chef Ramses Bravo's exquisite vegan cuisine combines simple, fresh wholesome ingredients that are converted into gourmet meals that burst with color and nutrition. Completely SOS (salt-,oil-, and sugar-free), these meals are low in calories, free of harmful saturated fats and cholesterol, and rich in nutrients and fiber. Included are tips and guidelines to help readers easily transition to a diet of nutritional excellence, along with 14 days of menus to get them started. Nutritional analyses accompany all of the recipes and menus. Color photos verify how visually appealing these dishes are.

Book Information

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Customer Reviews

Oh man, I REALLY wanted to give this book five stars. I'm a former foodie and an avid home cook who's been plant based for about nine months, and the gourmet nature of the book was what I needed to keep things interesting. I've made about half a dozen recipes so far and only had one dish that I loved. But I'm going to keep cooking from this book and see what happens. I'll update this review if my opinion changes, but since it's a new book without many reviews I thought this might help others. Issues:- Measurements - My main problem with the book is that the measurements are too vague, for instance "medium eggplant" can mean a lot of things. Not only is medium a relative measurement, there are many different types of eggplant. This is just one example but one that

really screwed me over when I was making dinner for guests. A lot of the recipes have at least one instance of this. I didn't expect this lack of detail from an executive chef.- Number of servings - Most recipes serve 6 large servings. This is good and bad. Good because eating plant based means you eat a lot of food and I like having leftovers. Bad because when you don't like something, or the recipe fails (because of vague measurements), you end up wasting a lot. I've learned to cut the recipe in half the first time I make it, especially if it's an expensive recipe, which many are (not all, but some). Keep in mind that these recipes are mostly in line with how I normally eat, meaning I'm used to low fat and low salt, so when I evaluate the flavor of a recipe I'm not coming from the standard American diet. If I were, I probably would need to add some salt and fat to these dishes.

There are a lot of recipes in this book that are familiar to most Americans, oatmeal, breakfast bars, granola, chili and lasagne, but done vegan style (no animal-sourced ingredients. A problem I have with many vegan cookbooks is that the recipes call for unusual ingredients or they are "out there", meaning complicated and odd-sounding. Here, the recipes are for foods you probably already eat, and there are a few unusual ingredients (black rice, tempeh) perhaps, but mostly, these recipe require things you'd find at your grocery store. There are some unusual twists on standards, such as chickpea patties that combine with "forbidden" rice, which is black sticky rice. It has bran, phytonutrients and is a lot better for you than standard white rice. But I never know quite how to incorporate it into recipes. Here, it is a good binder and flavor ingredient in legume patties, which work well as a burger substitute. Twice-baked potatoes also get a rework. That's the theme of this book; recipes you probably already love, reworked and fresh with vegan ingredients but not so unfamiliar as to be off-putting to those not so familiar with vegan fare. But the freshness of the approach to some familiar dishes means this is a book that long-time vegans could certainly enjoy. One of the things I like best about this book is that many of the recipes do not rely on wheat. For example, there is a polenta crusted pizza (using cashews pureed as the melted cheese, a common vegan method for replacing dairy cheese.) The pizza looks delectable and if you are not a wheat-eater (for me, it packs on bloat and pounds) then here is a much healthier alternative and oh, no heavy butterfat in the cheese, either.

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