



Single Serve Nutrition: Plant-based recipes created for one or two

Sara A Binde

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Single Serve Nutrition is a collection of nutrition – and health – focused recipes that are written for individuals or small groups to prepare and eat. Sara has compiled this cookbook from months of searching for and experimenting with foods that are fun, fast, nutritious and delicious. The book also includes tried and true insider tips, tricks and techniques for saving money while still eating tasty food. Sara believes that healthy food doesn't require hours of cooking complicated recipes in a hot kitchen. For this reason, Sara has included three symbols in her book that indicate which foods take thirty minutes or less to create, are uncooked and require ten ingredients or less to make. These symbols make preparing meals fast, cool and minimalistic. Many recipes have at least one indicator by them while the majority have either two or three. The recipes use ingredients that are whole and nutrient-dense so the resulting meal or dish is full of vitamins, minerals, fiber and wholesome goodness. This is the perfect book for an individual on a plant-based diet who needs meal ideas that contain low amounts of fat and animal products and a high amount of carbohydrates. Recipes can aid those in looking to lose weight because they are extremely filling but are not calorie-dense. Sara can affirm that recipes such as hers can help with weight loss as she has lost over 60 pounds using plant-based recipes and is still losing! This book is for anybody who is looking for original plant-based recipes that are high-carb, low-fat and nutritious without sacrificing delectable taste for health.



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