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"Bowls of Goodness is a cookbook celebrating real ingredients, prepared in original ways, all served in one of the most gratifying of vessels. Nina Olsson's ability to prepare nourishing, vibrant meals while photographing their beauty is unmatched. Her recipes are a beautiful fusion of flavors and cultures that will make you want to cook again ...

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Dig into these colorful and

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hearty vegetarian bowls that range from smoothies bowls to soups, noodles, grain-based layerings and even dessert. It's vegetarian bowls of goodness at their finest. Vegan blogger Nina Olsson is out with a new book to fill you up with refreshing and hearty recipes.

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Put the beans, the dried farro, roasted tomatoes and onions, olives and herbs in a bowl and mix well. Drizzle with the balsamic dressing. Taste and adjust the seasoning with salt and

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pepper. Serve in bowls topped with creamy pieces of burrata and fresh basil. VE Replace the burrata with vegan cheese.

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Bowls of goodness : vibrant vegetarian recipes full of nourishment. [Nina Olsson] -- Inspired by home cooking and ingredients from around the world, Nina Olsson's eclectic mix of recipes - which are all vegetarian, and often vegan and gluten-free too - are based on her hugely popular ...

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Bowls of Goodness is an unusual book, in the good sense. There are excellent plant-based meals which are pretty simple to make.

During this shut-in era, I enjoyed making over 9 recipies so far. The smells are amazing, when one combines the vegetarian bases & various seasonings. They synergize the effects. The book is perfect. No flaws or damage! Thanks

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Inspired by home cooking and ingredients from around the world, Nina Olsson's eclectic mix of recipes--which are all vegetarian, and often vegan and gluten-free too--are based on her hugely popular blog, nourishatelier.com, and showcase plant based bowl food at its best. They include such indulgent and delectable dishes as Cosmic Green Smoothie, Loyal Lentil Chili, Laksa Lux Bowl, Watermelon Poke Bowl, and Almond-filled Dumplings in Blackberry Sauce. From

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smoothies and salads to
noodles and ...

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With *Bowls of Goodness*, Nina transports us into her colorful and brilliant culinary world. Packed full of unique, creative recipes and Nina's gorgeous signature photography, this book is a feast for both the palate and the eye. A beautiful celebration of flavor and nourishment that will leave anyone inspired and excited for vegetarian food.

Bowls of Goodness: Nina

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Olsson: 9780857833914:

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"Nina Olsson's Bowls of Goodness is vegetarian food at its finest. We love the Moroccan-inspired harissa,

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cauliflower and carrot salad that's perfect for spring."

– Food & Travel, March 2017

“Bowls of Goodness is a cookbook celebrating real ingredients, prepared in original ways, all served in one of the most gratifying of vessels.

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Book Description. Nina's recipes are always vegetarian and often vegan. Her food philosophy is all about balance and fun. 'Good food comes from a good source and is made from scratch at home with love.'

Review. "Nina Olsson's Bowls

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