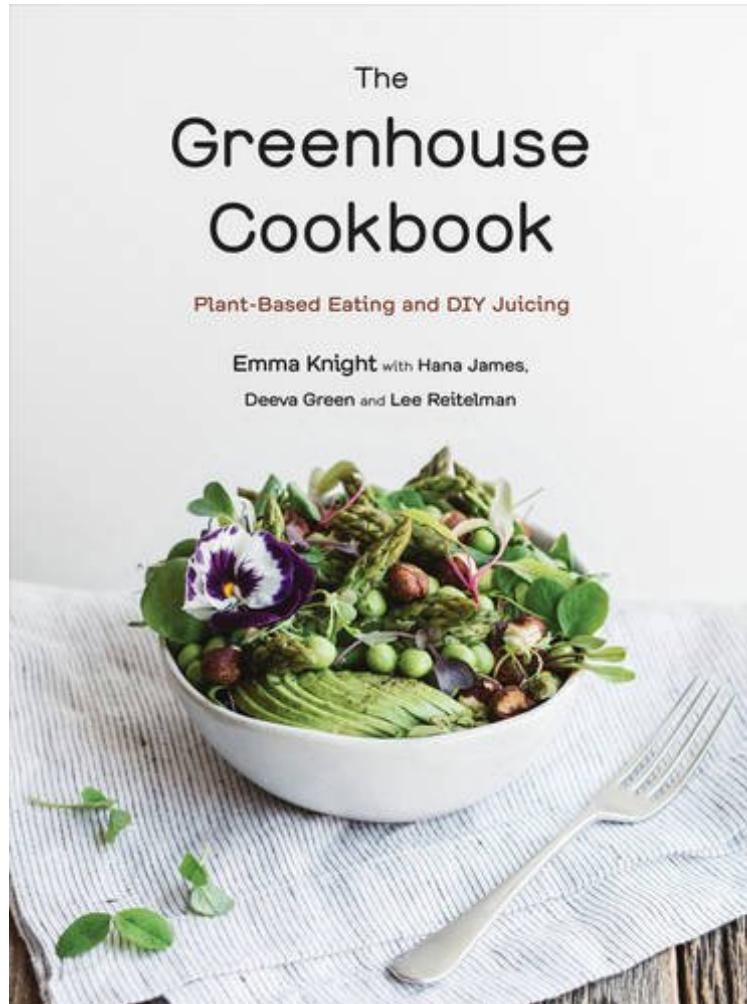


# The Greenhouse Cookbook: Plant-Based Eating and DIY Juicing

*Emma Knight, Hana James, Deeva Green, Lee Reitelman*  
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#19558 in Books Hana James Emma Knight Lee Reitelman Deeva Green 2017-04-04 2017-04-04Original language:EnglishPDF # 1 10.03 x .10 x 7.491, .0 #File Name: 0143198289304 pagesThe Greenhouse Cookbook Plant Based Eating and DIY Juicing | File size: 56.Mb

**Emma Knight, Hana James, Deeva Green, Lee Reitelman : The Greenhouse Cookbook: Plant-Based Eating and DIY Juicing** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Greenhouse Cookbook: Plant-Based Eating and DIY Juicing:

3 of 3 people found the following review helpful. Fantastic healthy and easy recipes!By CustomerThis is a great healthy and tasty recipe book! The recipes are easy to follow and are family friendly - my 2 year old loves even the green juices!0 of 0 people found the following review helpful. Gift for my son.and myself.By MaddyPackage arrived on time, this was purchased as a gift for my son, he loved it. I actually purchased (2) of these books, one for him and one for me, we are both eating healthy!3 of 3 people found the following review helpful. These recipes are easy to follow, generally simple ingredients and they are accompanied by stunning photographyBy Zen\*Yogi\*GirlI recently

purchased a juicer so was drawn to this book as it is versatile, combining both creative juice recipes, with plant based food recipes so I figured I would get a lot more use from it with both components. The book was derived from the Greenhouse Juice company and associated blog; and contains over 50 recipes for juices and the same for plant based dishes; however, the authors recognize that people have different tastes and perspectives; so, as they state, if you are entirely plant based you could cook anything from this dish, but if you plan to use this as a foundation to a healthier lifestyle you can adapt and add ingredients that peak your interest. It begins with a quick guide to pantry essentials but then dives right into the book which I love, as I own so many plant based books, I am starting to be really bored with more than a quarter of the book reviewing gadgets, gizmos and techniques -so these authors just get right to the point of what to make and I love that. I also love the fact that they offer so many creative breakfast ideas, as I am always trying to send my kids off to school having had something healthy that they will enjoy so the berry bowl and peach crisp smoothie bowl were both hits and quick to whip up in the morning. I also really liked their recipe for chocolate hazelnut spread as previous versions I have tried were a fail. The lunch and dinner section was more creative than many I have seen and most recipes called for easily sourced ingredients. It was nice as an example to see spaghetti squash in a Filipino inspired dish as opposed to the usual Italian version or the spiralized zucchini mac and cheese. Bites include beet hummus and an amazing raw carrot chipotle dip (made in seconds once you have presoaked the cashews); but as a parent of hungry swimmers, the protein ball recipe and chia energy bars are great ideas that I can make on the weekend and use between practices to give the kids energy without a bunk of junk ingredients; I also take the chocolate hemp peanut butter balls from the dessert section which are delicious though I do use regular chocolate in my version. There is a mouthwatering selection of desserts too though looking at them, I think several require more skills or patience that I have. Then we go to juices milks and drinks -I loved this as honestly, I thought creating more own juices would be easy but to date many have been too sweet or too bitter. This was quick and easy to follow, as they have already achieved success with a juicing business so the recipes have been road tested and are good. I have only tried a few but so far am liking the OZ, a green juice with heat from the addition of a jalapeno. They even suggest some juice cocktails such as margaritas or a Dark and Stormy. My favorite section however is the tonic section at the end, as to date my only go-to here was my ginger, lemon, cider vinegar concoction so it was helpful having some new ideas. These recipes are easy to follow, generally simple ingredients and they are accompanied by stunning photography! Great addition to my cookbook collection with juices incorporated too!

**NATIONAL BESTSELLER** Plant-based whole food recipes to help you feel energized, refreshed and ready to greet each day From the founders of Greenhouse Juice Co., this stunning collection of 100 easy-to-make recipes; 50 to eat with a fork, spoon or your fingers, and 50 to serve in a glass; makes eating and drinking more plants effortless. From breakfasts both quick and leisurely to satisfying lunches and weekday-friendly dinners, the recipes in this collection prove how simple it can be to create delicious and even decadent plant-based meals to delight omnivores and vegetarians alike. Canada's leading cold-pressed juice start-up company reveals their "secret sauce" by sharing their private recipes for juices, smoothies, nut milks, tonics and cleanses. Delving into the nutritional properties of their favourite plants, and offering easy instructions for homemade plant-based drinks, The Greenhouse Cookbook is a great gateway into the sometimes alienating world of brightly coloured liquids. The Greenhouse Cookbook offers simple ways to savour the here and now while looking out for a healthy future.

"I'm a big fan of Greenhouse Juice Co., and this cookbook from its founders is everything I could have hoped for. Not only is it packed with recipes for the green juices and smoothies that have brought the company such wild amounts of success, but it also includes an inspiring selection of plant-based entrees, sides, snacks and desserts." Angela Liddon, New York Times bestselling author of *The Oh She Glows Cookbook* and *Oh She Glows Every Day* "The Greenhouse Cookbook beautifully celebrates a balanced lifestyle that is without limitations or dogma. Whether you like your green juice straight or in the form of a kale margarita, you'll find loads of new ways to love vegetables here." Laura Wright, *Saveur* award-winning author of *The First Mess Cookbook* "This is the most beautiful cookbook. It really shows how gorgeous, colourful and interesting plant-based dishes can be, and I want to try every recipe now!" Ella Woodward, bestselling author of *Deliciously Ella* and *Deliciously Ella Every Day* "Not only a beautiful plant-based cookbook to add to your shelf, but a practical one as well. Easy, straightforward recipes that will nourish the body and soul." Dana Shultz, author of *Minimalist Baker's Everyday Cooking* "Whether you're a vegan or an omnivore, the recipes in The Greenhouse Cookbook make you totally forget you're eating nourishing and super-healthy plant-based fare." Joy McCarthy, bestselling author of *Joyous Health* and *Joyous Detox* About the Author **EMMA KNIGHT** is a co-founder of Greenhouse Juice Co. and its Director of Brand and Marketing. Emma lives in Toronto with her partner, Greenhouse co-founder Anthony Green. **HANA JAMES** is a co-founder of Greenhouse and its Director of Community. She lives in Toronto. **DEEVA GREEN** and **LEE REITELMAN** are chefs, teachers and travellers. Deeva and Lee have contributed to product development at Greenhouse Juice Co. and are the co-founders of

Caravan, a farm-based food venture. They live in New York City.