

Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes

By Dreena Burton

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Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes
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Get your whole family excited about eating healthy!

Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In *Plant-Powered Families*, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including:

Pumpkin Pie Smoothie
Vanilla Bean Chocolate Chip Cookies
Cinnamon French Toast
No-Bake Granola Bars
Creamy Fettuccine
Sneaky Chickpea Burgers
Apple Pie Chia Pudding
Plus salad dressings, sauces, and sprinkles that will dress up any dish!

With tips for handling challenges that come with every age and stage—from toddler to teen years —*Plant-Powered Families* is a perfect reference for parents raising “weegans” or families looking to transition to a vegan diet.

Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. *Plant-Powered Families* also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

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Plant-Powered Families: Over 100 Kid-Tested, Whole-Foods Vegan Recipes By Dreena Burton Bibliography

- Sales Rank: #16370 in Books
- Published on: 2015-05-12
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .90" w x 7.00" l, .84 pounds
- Binding: Paperback
- 320 pages

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Editorial Review

Review

"Dreena Burton’s recipes and ingredients simply make good common sense. *Plant-Powered Families* is a great addition to any cookbook collection."
—T. Colin Campbell, coauthor of *The China Study* and the *New York Times* bestselling *Whole*

"If you’ve ever struggled with finding healthy, plant-based recipes that excite the entire family, look no further. Dreena’s recipes are a triple threat: kid-approved, wholesome, and irresistible!"
—Angela Liddon, author of the *New York Times* bestseller *The Oh She Glows Cookbook* and creator of OhSheGlows.com

"Dreena Burton delivers with sage advice and recipes that will properly nourish, satisfy, and delight the taste buds of your entire family."
—Brian Wendel, President and founder of Forks Over Knives

"Dreena Burton's *Plant-Powered Families* is the resource we have all been waiting for. It is truly a delectable, detailed, and satisfying guide to cooking and eating nutritiously that is perfect for the entire family. . . . I highly recommend this book as a staple in all health-conscious, food-loving, compassionate-minded households."
—Julieanna Hever, MS, RD, CPT, author of *The Vegiterranean Diet* and *The Complete Idiot's Guide to Plant-Based Nutrition* and host of Z Living's *What Would Julieanna Do?*

"When it comes to raising healthy plant-powered kids, there’s no better guide than Dreena Burton. *Plant-Powered Families* offers a wealth of ways to transform nutrient-dense foods into flavorful, family-friendly meals."
—Nava Atlas, author of *Plant Power* and *Wild About Greens*

"*Plant-Powered Families* will revolutionize how you cook. Dreena's recipes are brilliant, combining nutrient-dense foods in imaginative ways to produce the most delicious, family-friendly dishes."
—Gene Baur, president and cofounder of Farm Sanctuary and author of *Farm Sanctuary: Changing Hearts and Minds about Animals and Food*

"Dreena has jam-packed this book with tummy-satisfying, kid-tested recipes the whole family will gobble up. . . . It's an essential guide for families who want to turn over a new leaf without all the kicking and screaming."
—Whitney Lauritsen, author of *Healthy, Organic Vegan on a Budget*

"*Plant-Powered Families* is an exceptional cookbook that should be a household staple. Dreena Burton has once again provided excellent plant-based whole foods recipes, that my whole family enjoys!"
—Aaron Simpson, Head MMA Coach

"Finally, a collection of whole-food vegan recipes that our kids will actually eat! Not only are Dreena's recipes exciting, healthy, and kid-friendly, but her realistic meal plans, clear nutrition guidelines, and down-to-earth advice help give plant-based parents the confidence that they're doing this right. Mealtime in my

house just got a lot more fun!"
—Matt Frazier, vegan ultramarathoner, author of *No Meat Athlete,* and father of two young kids

"Dreena Burton is a kitchen magician who will have your whole family eating healthy and loving it! *Plant-Powered Families* is packed with delicious, whole foods recipes even the pickiest eater won't be able to resist."
—Susan Voisin, FatFree Vegan Kitchen

"*Plant-Powered Families is a masterpiece*! Dreena Burton is one of a select few recipe creators with a true commitment to whole foods, plant-based, healthy eating."
—Bryant McGill, bestselling author, speaker, and activist

About the Author

Dreena Burton has been vegan for almost 20 years, in that time writing four bestselling cookbooks charting her journey as a plant-powered cook and at-home mother of three. Always passionate about creating nutritious recipes, she is an advocate of using the "vegan basics" to create healthy, delicious food for the whole family. Affectionately dubbed "Queen Bean" and "Vegan Cookie Queen" by her readers, Dreena is one of the pioneering vegan cookbook authors. Her cookbooks have garnered a loyal following, and Dreena has earned the respect and repute for reliable, wholesome recipes.

After working in marketing management for several years with an international satellite communications company, Dreena followed her true passion of writing recipes and cookbooks. Dreena has appeared on television and radio and is a recipe contributor for well-known sites, including Forks Over Knives, KrisCarr.com, and PCRM. She has written for *Yoga Journal, VegNews, ALIVE magazine,* and has been featured in other publications including *First for Women* magazine. Dreena has won several blog awards including VegNews, VegBloggy, and Vancouver's Ultimate Mom Blog.

Users Review

From reader reviews:

Natalie Althoff:

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Recipes. This book which can be qualified as The Hungry Hills can get you closer in turning into precious person. By looking up and review this book you can get many advantages.

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