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Whole Bowls: Complete Gluten-Free and Vegetarian Meals to ...

Curried falafel and kale salad bowls. Black bean bowls with butternut squash, black rice, and chimichurri. Oat risotto bowls with soft-boiled eggs, avocado, and hazelnut dukkah. Sunny citrus bowls with orange pomegranate salsa and lemon cream. Carrot cake bowls with a cream cheese dollop and candied carrots.

Whole Bowls: Complete Gluten-Free and Vegetarian Meals to ...

Along with more than fifty full-meal, vegetarian, vegan, and gluten-free recipes (not to mention the dozens of mini recipes-within-recipes), these pages contain an innovative, easy-to-follow “Whole Bowls Formula” to build your own creations for quick, everyday lunches and dinners. Recipes include: Curried falafel and kale salad bowls

Whole Bowls: Complete Gluten-Free and Vegetarian Meals to ...

Whole Bowls Complete Gluten-Free and Vegetarian Meals to Power Your Day Allison Day. 240 Pages; April 5, 2016; ISBN: 9781634508551; Imprint: Skyhorse Publishing

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Whole Bowls : Complete Gluten-Free and Vegetarian Meals to Power Your Day by Allison Day (2016, Hardcover) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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2 medium zucchini, diced. 4 tablespoons raw sunflower seeds. 3 ½ tablespoons tahini. 1 ½ teaspoons chickpea miso. 1 ½ tablespoons white wine vinegar. 1 tablespoon pure maple syrup. Pinch ...

4 Gluten-Free Whole Grain Bowls That Taste As Good As They ...

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full-meal, vegetarian, vegan, and gluten-free recipes from nutritionist Allison Day. From the creator of the award-winning food blog Yummy Beet, turn familiar and traditional tastes into healthy, one-bowl meals.

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Whole bowls : complete gluten-free and vegetarian meals to ...

Whole Bowls (Hardcover) Complete Gluten-Free and Vegetarian Meals to Power Your Day. By Allison Day. Skyhorse, 9781634508551, 240pp. Publication Date: April 5, 2016. Other Editions of This Title: Paperback (1/5/2021) List Price: 24.99* * Individual store prices may vary. Description ...

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