



The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs

LeAnne Campbell (Editor), T. Colin Campbell (Introduction)

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Following her bestselling *The China Study Cookbook*, LeAnne Campbell brings together top names in the plant-based community to share their favorite and most delicious recipes in *The China Study All-Star Collection*.

Featuring your favorite chefs and cookbooks authors, *The China Study All-Star Collection* includes foods from Happy Herbivore chef Lindsay S. Nixon; Del Sroufe, author of the *New York Times* bestseller *Forks Over Knives Cookbook*; Laura Theodore, host of PBS' *Jazzy Vegetarian*; and pioneering researcher Dr. John McDougall, which all follow the nutrition standards set forth by *The China Study*.

Even better, with delectable dishes such as Dreena Burton's Sneaky Chickpea Burgers, Heather Crosby's Peppermint Chocolate Chunk Ice Cream, Christy Morgan's Fiesta Quinoa Salad and Christina Ross's Daikon Mushroom Fettuccine, this collection of recipes has you covered for any occasion or craving.

With an introduction from *The China Study* co-author Dr. T. Colin Campbell, *The China Study All-Star Collection* is the ultimate plant-based cookbook for healthful, savory eating.

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Date : Published May 6th 2014 by BenBella Books

ISBN : 9781939529978

Author : LeAnne Campbell (Editor) , T. Colin Campbell (Introduction)

Format : Paperback 304 pages

Genre : Food and Drink, Cookbooks, Health, Food, Cooking, Vegan, Nonfiction



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From Reader Review The China Study All-Star Collection: Whole Food, Plant-Based Recipes from Your Favorite Vegan Chefs for online ebook

Nancy says

I want to eat this book! But I got it from the library and I don't think they'd like that. Almost everything (90%) of what's in here looks good. I haven't made any of it yet, but I need to. Especially the breakfasts.

The only downfall is that a lot of the serving sizes are 1 or 2, and this is a 3 person house, and I normally cook to have leftovers. I can do the math to scale them up, but why not write them originally for a larger household?

Janeen K says

Lots of yummy recipes

April says

I got this from the library and really liked several of the recipes I tried.

I'm always looking for healthy, easy food that has unique and memorable flavors. The Mellow Yellow Sniffle Soup on pg 117 was so good. It had an interesting and delicious spice mix. The fresh rosemary really made it flavorful.

Stephanie Snyder says

great recipes

An enjoyable read.

This would make a nice addition to anyone's personal library.

Joey Brockert says

My wife likes to buy cookbooks and this is another one.

She made Dad's Marinara (page 152) and Spaghetti and Wheatballs (page 154) last night. She did comment on the sauce, but the wheatballs she wondered about if they were going to stick together. There just did not seem to be enough liquid to make balls. They did just fine, but they were tender. She put them into the sauce and they were breaking up. We should have put them on the spaghetti and sauce over it all instead.

Mona says

Recipes are clear and easy and without weird ingredients you'll only buy once. And of course it's whole foo, plant-based, no-oil. Easy to follow and great information too!

Deborah says

Excellent and easy whole food, plant-based recipes without oil or sugar. I borrowed this book from the library and renewed it a couple of times. I've made at least a dozen of the recipes and they all proved simple and tasty. I'm going to buy my own copy and use it often!

Rebecca Stanfield says

I borrowed this from the library and had to turn it it before I had a chance to cook anything from it. I'm giving it a high rating though, because I really liked the selection of recipes, and they all seemed approachable for the average busy cook. I don't care for cookbooks that require the average cook to go out and buy a bunch of weird specialty items. Most of the recipes in this book called for items that are typically in a pantry or available in a standard grocery store. It also doesn't use a lot of the processed foods that most vegan cookbooks contain, such as tempeh, seitan, and tofu (it does have some tofu recipes, but very little). Don't get me wrong, they are fine foods, but they are just overdone in most vegan cookbooks. Also, for people who are attempting to cook for non vegan/vegetarian people, it's best to avoid the faux-meat or meat replacement products.

This is one that I will consider adding to my home collection.

Abbey says

I was only looking for vegetarian entrees and I found two to try from this book.

Anna says

This was a goodreads giveaway that I won.
I did like it, I even tried one of the recipes already. It turned out good.
The Vegan part is hard, but I appreciate the more natural things.
Over all it was good.

Mira says

I really can't understand why the rating for this book is so high. The three bean salad that also contains FRUIT is just one example of the egregious food-combining that is the common thread throughout this book. As anything associated with the China Study should genuinely promote health - I find this lapse disturbing.

Karen Hayward says

I thought this book was great - but have since read "Good calories, Bad calories" which caused me to totally rethink my previous opinions on what is a healthy diet.

Anil Jaiswal says

Some insights into various diet fads over a period of past several decades and what may work today. Idea is to choose the healthiest food regardless of the current fad and listen to your body

Lisa says

Awesome Blossom

I love this cookbook. Having all my favorite Chef's inside one book was the very best of both worlds. I look forward to more cookbooks by these guys.

Barbara says

A wonderful collection of original and unique recipes from several vegan chefs. You will not miss meat or dairy products with these recipes. Beautifully photographed, you will be drooling over the collection. To improve your health, begin with a copy of this fantastic book.
