



The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes

By Kim Campbell

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A revolution has begun...

From a creative team that includes the producer and writer of *Forks Over Knives*, the documentary film *PlantPure Nation* captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, *The PlantPure Nation Cookbook* brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet.

Author Kim Campbell is the wife of *PlantPure Nation* Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of *The China Study* and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In *PlantPure Nation Cookbook*, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as:

Buffalo Beans and Greens
No-Bake Chocolate Pumpkin Pie
Spinach Lasagna
Green Pepper Tofu Scramble
Reuben Casserole

With a foreword by Dr. Campbell, *The PlantPure Nation Cookbook* is also filled with tips, tricks, and grocery lists for people interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from *PlantPure Nation* film, this companion cookbook is a must-have for stimulating healthful eating in your home.

Join the revolution to jumpstart your health!

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Editorial Review

Review

"One doesn't have to be a vegetarian to thoroughly enjoy vegetarian food! . . . Behind-the-scenes details from the popular *PlantPure Nation* film further enhance this superb choice."

—**Midwest Book Review**

About the Author

Kim Campbell is the daughter-in-law of Dr. T. Colin Campbell, considered by many as the “science father” of the rapidly growing plant-based nutrition movement. She works with her husband, Nelson, in a health and wellness business promoting a whole-food, plant-based diet. This experience has allowed her to hone her culinary skills, especially in understanding how to create flavors, textures, and presentations that appeal to mainstream consumers experiencing a plant-based diet for the first time. Kim holds a bachelor’s degree from Cornell University in Human Service Studies, with a minor in Nutrition and Child Development.

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Here thing why this kind of The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes are different and reliable to be yours. First of all reading through a book is good nonetheless it depends in the content of it which is the content is as yummy as food or not. The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes giving you information deeper including different ways, you can find any book out there but there is no guide that similar with The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes. It gives you thrill reading through journey, its open up your current eyes about the thing in which happened in the world which is maybe can be happened around you. It is easy to bring everywhere like in park your car, café, or even in your technique home by train. If you are having difficulties in bringing the published book maybe the form of The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes in e-book can be your option.

Kirk Banks:

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William Pare:

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Charles Myers:

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