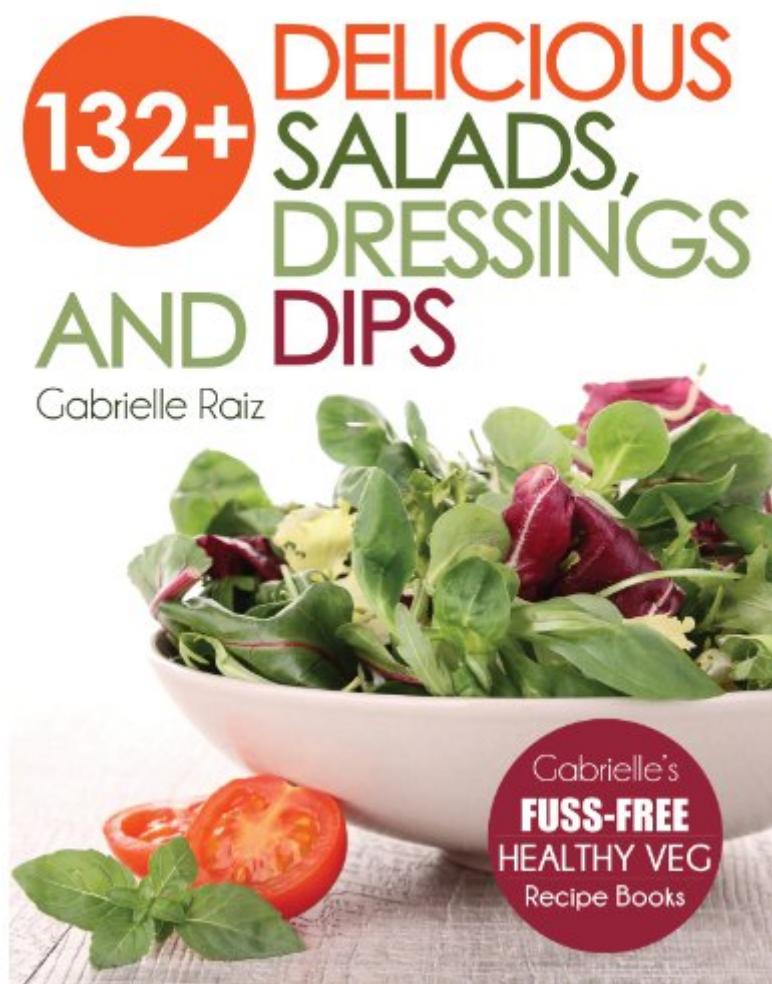


The book was found

132+ Delicious Salads, Dressings And Dips: Healthy Salad Recipes For Weight Loss, Great For Vegetarian And Raw Vegan Diets (Gabrielle's FUSS-FREE Healthy Eating Cookbooks And Vegetarian Recipes)





Synopsis

Make Mouth-Watering Healthy Salad Recipes For Weight Loss And Healthy Eating. Great Cookbook For Vegetarians And Vegans!In this packed-full-of-recipes and information healthy cookbook, you'll discover over 132 healthy salad recipes, delectable dressings, creamy yummy dips and satisfying healthy dinners. Whether you are vegetarian or vegan, or just looking for a healthy and convenient alternative to the dreary old salad, everyone's taste buds will go crazy when they sample your amazing scrumptious salads, dressings and dips.Let Gabrielle lead you on your own personal healthy super-salad revolution, expand your repertoire of healthy and raw food and delight your taste buds. These health-giving creations, using easy to find ingredients, have been convincing even the most salad-phobic of folk! With her trademark down-to-earth approach, Gabrielle shows you:How to create delicious, healthy salads, dressings and dips â€“ all fuss-free, tried and tested and â€¢ using easy-to-find ingredients!How to make even the most often-used salad ingredients taste far better, by cleverly preparing your vegetables to vary consistency and "mouth-feel"!How simplicity can make you a winner in the kitchen. Some healthy salad recipes you will learn are beautiful precisely because of their simplicity.How you don't always need a complex or long list of ingredients to make your healthy creations interesting or delicious.Versatile recipes, ranging from simple through to Gabrielle's famous and sophisticated "super salads". Lose weight! Feel vital and alive!215+ pages of practical informationEasily make the transition away from "packaged and processed foods" and enjoy eating fresh, (mostly) raw vegetables and superfoods - the key ingredients to vibrant health, weight loss and energy!

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Customer Reviews

I am a college student and the Freshman 15 hit me hard and I've continued to gain weight for the past year. I am DESPERATE to lose weight before I graduate and start applying for jobs, so I began looking at recipes for healthy eating. I found this book and am truly in love. I have found a great way to eat more salads and low calorie foods and am already down 5 pounds since beginning. More than that, this book helps you with your lifestyle choices and keeps you focused on your goals. Another book that had also helped me on this weight loss endeavor is 50 Healthy Slow Cooker Recipes: 50 Simple and Healthy Recipes for Slow Cooked Meals. I am a Southern girl and grew up with my mom cooking in a slow cooker often, so it was nice to eat some of these comfort foods and still stay on track. And the best part is, when I come home from a busy day of class and work, dinner is already made! I would definitely recommend both of these books to those who are looking for weight loss that is healthy!

I am a 51 year old female who is prediabetic and need to eat more healthy. This book is salad magic. Gabrielle includes great tips and information. The recipes are simple and can be customized with the variations and options suggested as well as recommended salad dressings to make, included in the book. I can now take the boring salads that I make and turn them into healthy meals. This book as well as Gabrielle's Green Smoothie Magic book has given me the knowledge and inspiration to eat healthier and improve my health.

I am a 48 year old, vegan, mother of 3 teens that aren't (vegan)! Her Hot Yoga Masterclass changed my yoga practice and my life with insightful tweeks to my yoga practice with great DVD's and a beautifully illustrated book that explains the do's and don'ts of hot yoga in more detail for a successful practice. Her Green Smoothie book gave interesting and great tasting options for smoothies that aren't the same old leafy greens, and the recipes are not always green! Now, Gabrielle does it again with great ideas for how to jump start your salads! It has suggestions on how

to make more interesting salads than just plain greens and the usual toppings. There are also salad recipes that don't include leafy greens. There are REALLY great ideas for kids that have a tough time with veggies, like mine. These wonderful recipes will definitely make more interesting options and there are a lot of vegetables mentioned that don't get the attention they deserve:-). This book is easy to follow and written with Gabrielle's great sense of humor I can't wait to dig in!!

This book has some great salad, dressing and dip recipes. I read the book from cover to cover before trying some of the receipes. I have tried the Corriander Chipolte Dressing Recipe. I enjoyed the taste of the dressing over baby spinach and butter lettuce. I also made the green bean salad which was a healthier version than the one I learned to make as a teenager. I highly recommend this book to anyone that enjoys veggies and such..

This is so much more than a recipe collection. It's obvious that the author loves healthy salads and wants to impart that love to others. In addition to the more than 100 basic salad and dressing recipes, she includes suggestions of how to incorporate changes to make them uniquely your own. Moms will appreciate the recipes that even kids like. To me, a special bonus are the recipes for pesto and hummus and -surprise- non-dairy sour cream, cream, mayonnaise. I would recommend this book for anyone who likes salads, anyone who is not big on salads but would like to eat healthier, in short - everyone.

For years I have thought about eating more healthily. . . this is the book that will facilitate my transition from thinking to doing! The recipes included are simple and easy to create, yet the salads look like something created at a 5-star restaurant. I love that Gabrielle includes lots of tips and suggestions to stimulate you to be creative and work with what you have available right at that moment. By following her guidance, I know I can create delicious AND healthy foods that everyone in my family will like.

Love the healthy, delicious, & creative recipes and the tempting photos that came along with it. The book has tons of detail information but confusing because the information are scattered thru out, which is difficult to get a quick reference when preparing a dish from it. However, you can feel the author's enthusiasm by her way of presenting her materials- in an informal conversational style. I particularly like those dressings with mangoes. Plan to make the "Grapefruit Guacamole Salsa" and the "Roast Pumpkin and White Bean Salad". It is definitely worth a try! 132+ Delicious Salads,

Dressings And Dips (Gabrielle's FUSS-FREE Healthy Veg Recipes)

This book has a lot of ideas for salads. If you are a heavy salad eater then I would recommend it. Just like any book, you will find some recipes you are not interested in. Review the book before you buy it.

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