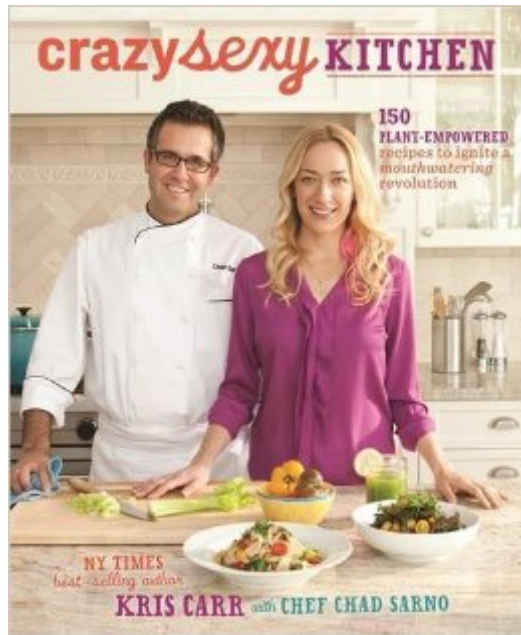


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Crazy Sexy Kitchen: 150 Plant-Empowered Recipes To Ignite A Mouthwatering Revolution



Synopsis

~~~~~ In Crazy Sexy Kitchen, the woman who made prevention hot is now making it delicious! In her new book, New York Times best-selling author Kris Carr gives us a Veggie Manifesto for gourmands and novices alike, and it's filled with inspiration, education, and cooking tips "plus more than 150 nourishing, nosh-worthy recipes. Infused with her signature humor, style, and wit, Crazy Sexy Kitchen redefines the kitchen as headquarters for a wellness revolution. You'll soon come to see that the goodness born in your kitchen will reach deep into the rest of your life "enriching your health, your home, your heart, and the planet.~~~~~ Crazy Sexy Kitchen gives you all the tools and know-how you need to adopt a joyful and vibrant plant-powered lifestyle that harmonizes your beautiful body at the cellular level. It's a celebratory way of living that's deeply connected, healthy, awake, and engaged.~~~~~ Like a long, luxurious meal, Crazy Sexy Kitchen is laid out in courses. You'll start with a detailed review of what makes up a Crazy Sexy Diet. Next you'll learn how to stock your culinary arsenal with the best kitchen tools and equipment. Kris will also prep you with basic cooking skills and lingo. Then you can jump full force into delectable recipes that will fill your belly from morning to night. Handy symbols, like gluten-free, soy-free, kid-friendly, and, for the time pressed, Crazy Sexy Quickies, help you easily identify the recipes that are perfect for your dietary and lifestyle needs. Not sure how to put a whole meal together? No problem. Crazy Sexy Kitchen covers that, too "with a hearty dose of menu plans and recipes to inspire and delight.~~~~~ Joined by celebrated Whole Foods chef Chad Sarno, Crazy Sexy Kitchen offers mouthwatering recipes designed to nourish the body while impressing your nearest and dearest! From juicing to planning a festive three-course meal, Crazy Sexy Kitchen has all the essentials to fill your kitchen (and life!) with health, happiness, family, friends, and good times.

## Book Information

Paperback: 288 pages

Publisher: Hay House, Inc.; Reprint edition (December 9, 2014)

Language: English

ISBN-10: 1401941052

ISBN-13: 978-1401941055

Product Dimensions: 0.8 x 7.8 x 9.5 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars~~~~~ See all reviews~~~~~ (380 customer reviews)

Best Sellers Rank: #9,054 in Books (See Top 100 in Books) #28 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

## Customer Reviews

Crazy Sexy Kitchen is a gorgeous book simply packed with information. The recipes are well written and the photography beautiful. I am familiar with some of the chefs, having been educated at the Natural Epicurean in Austin, which is where the headquarters of Whole Foods is located at. As a trained chef, I think these are fabulous recipes that will be amazing. I plan to cook my way through the book (as soon as I break down and buy a dehydrator for some of the recipes that is). My daughter had just asked how I would make a vegan clam chowder, and the recipe in this book is even better than what I came up with. I am also a cancer survivor, so have a very real interest in eating for better health. The sections on Lifestyle and Philosophy, Preparation, and Kitchen Know-How that are in front of the 150 recipes give the reader an excellent natural foods education in themselves. The layout, font, design, and photography is gorgeous. I am very familiar with standard annotations to recipes, GF for Gluten-Free, V for Vegan, etc. but I had to go find the index to figure out what a '1 GF SF KF Q' designation was for example. Once you see what all the abbreviations mean, it is easy to remember them however. So for a natural foods chef, or a chef that wants to learn more about natural foods cooking, this is a fabulous resource. So many books on 'healthy cooking' including some from the Culinary Institute of America seem to think that means cutting down on salt and fat, but leaving in the white flour, sugar, and all the rest. If you are a dedicated and fearless cook, this is also a fabulous resource. My only concern is that 'normal' people who work all day, run their kids around, and have to get dinner on the table fast that everyone will eat might be frustrated.

Since I grew to like "Crazy Sexy Diet" So much I was pretty excited to get my hands on a copy of "Crazy Sexy Kitchen." I received it as a Christmas gift back in 2012, but I'll be honest, I didn't use it very much right away. I'm not sure why but something about it just didn't appeal to me at the time. Maybe it was the fact that most of the recipes come once again from celebrity chefs like Chad Sarno rather than Kris Carr. I'll be honest, I don't care about celebrity chefs vegan or otherwise, what I care about is what Kris Carr has to say, and what she's actually making to eat day-to-day. I mean maybe she makes some of this stuff everyday, maybe not, who knows, but at the time I just wasn't interested. So for a little over a year this book went unused, sitting, and taking up space on my shelf, then this past January rolled around and I decided to do a month long cleanse. I was using

the "Crazy Sexy Diet" as a guidebook, and decided why not try some of the recipes from "Crazy Sexy Kitchen" Oh wow, am I ever glad that I did! Recipes that looked so daunting and time consuming upon first glance turned out to be effortless and easy. In fact, I don't think any recipe took me longer than 30-40 minutes which is about average time for me in the kitchen anyway. Some of the recipes have a long ingredient list, but that's because they're rich in spices and vegetables. All of the spices I have on hand anyway, and most other things I keep in the pantry. Certain foods like fennel, or beets, or zucchini I don't have in the fridge every week but that's no big deal. With a little forethought and planning I found this book very easy to use, and pretty economical. I was however a little surprised at some of the ingredients used in the book. Certain oils for one, sugar, gluten etc..

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