



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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This *The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes* book is not ordinary book, you have it then the world is in your hands. The benefit you will get by reading this book is usually information inside this book incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This *The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes* without we understand teach the one who reading it become critical in considering and analyzing. Don't become worry *The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes* can bring once you are and not make your case space or bookshelves' come to be full because you can have it with your lovely laptop even cell phone. This *The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes* having excellent arrangement in word and also layout, so you will not feel uninterested in reading.

Deborah Oneal:

The guide with title *The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes* includes a lot of information that you can find out it. You can get a lot of advantage after read this book. This particular book exist new understanding the information that exist in this book represented the condition of the world today. That is important to you to find out how the improvement of the world. This specific book will bring you with new era of the syndication. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

Christine Pena:

The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes can be one of your beginner books that are good idea. We recommend that straight away because this publication has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to set every word into delight arrangement in writing The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes yet doesn't forget the main place, giving the reader the hottest and also based confirm resource details that maybe you can be one of it. This great information could draw you into new stage of crucial pondering.

Jennifer Meeks:

Do you one of the book lovers? If so, do you ever feeling doubt if you find yourself in the book store? Try and pick one book that you find out the inside because don't judge book by its include may doesn't work here is difficult job because you are afraid that the inside maybe not because fantastic as in the outside seem likes. Maybe you answer might be The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes why because the fantastic cover that make you consider regarding the content will not disappoint you actually. The inside or content is actually fantastic as the outside or even cover. Your reading sixth sense will directly show you to pick up this book.

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