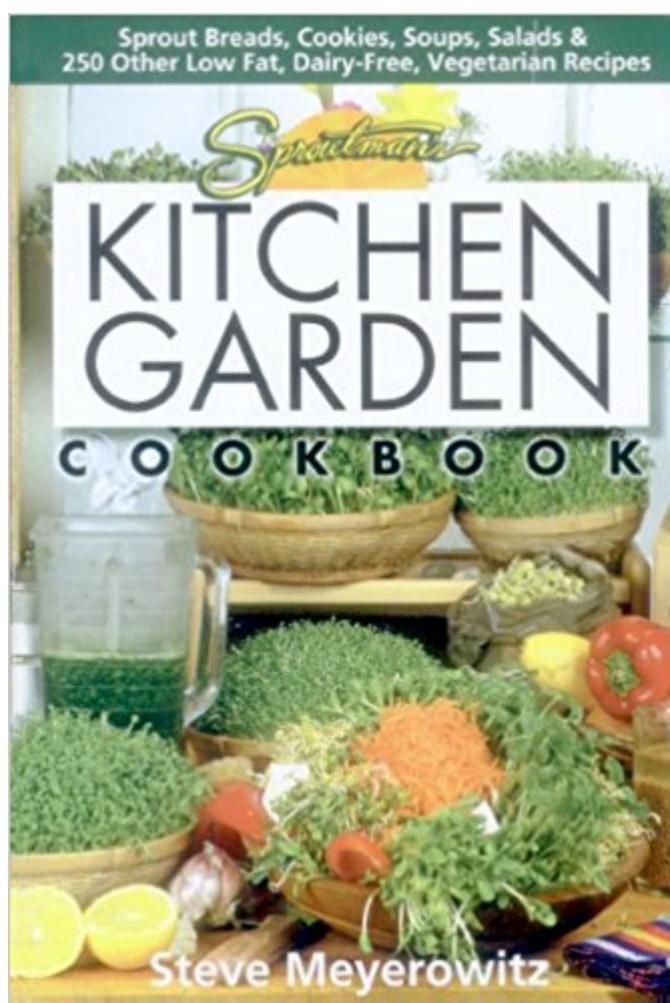


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# **Sproutman's Kitchen Garden Cookbook: 250 Flourless, Dairyless, Low Temperature, Low Fat, Low Salt, Living Food Vegetarian Recipes**



## Synopsis

Turn nuts, vegetable seeds, grains, and beans into gourmet food. Includes recipes for sprout breads, cookies, crackers, soups, pizza, bagels, dressings, dips, spreads, sautes, nondairy milks, and ice-creams. Also food dehydrating, juicing, natural sodas, and foods glossary.

## Book Information

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Average Customer Review: 4.5 out of 5 stars 49 customer reviews

Best Sellers Rank: #130,673 in Books (See Top 100 in Books) #1 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Climate > Colder Climates #66 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #84 in Books > Cookbooks, Food & Wine > Cooking Methods > Organic

## Customer Reviews

Just arrived in our inventory and hot off the press is the new Sproutman's Kitchen Garden Cookbook. This long awaited book by the Sproutman, Steve Meyerowitz, is a superb guide to preparing super healthy vegetarian and "live food" meals. Included are chapters like Making Sprout Breads. Sprout bread has no flour. The germinated wheat is ground into a dough and then slow-baked or dehydrated. Sprouted wheat bread has 3 times the bran and vitamins of the finest whole wheat bread and is perhaps the only source of wheat germ in the "live" state. Sproutman provides 40 pages of recipes and information on the making of sprout breads, crackers, cookies, bagels and yes...even sprout pizza. It is the only source of this information we know. There is a very thorough chapter on dehydrating foods including recipes such as zucchini chips and sunflower sun-cheeze. A chapter on the pros and cons of dairy. Non-dairy recipes such as cashew yoghurt, almond milk and vanilla iced cream. Charts on Nutrition, sprouting & food drying. Low fat/low salt diet. A glossary of health foods and great recipes such as rejuvelac non-alcoholic wine, natural sodas & snacks. Many tidbits such as "the Sprout Oath," "the Marx Bros. Meet Sproutman," and "Ode to a Banana" make this a fun to read book that is also loaded with practical information. -- New

THE AGRICULTURE OF TOMORROW IS HERE TODAY!(TM) The Kitchen of tomorrow will grow food in addition to preparing it. Hundreds Of Healthy Recipes All Prepared From Sprouted Seeds BreadsNut MilksDressings CrackersSoupsVeggie Burgers CookiesDipsCroquettes SnacksJuicesCasseroles Non-DairyIce CreamCheeses The Information: Dairy the Pro's & Con's. Making Sprout Bread. How to Dehydrate Foods. Charts on Nutrition, Sprouting, & Food Drying. Comparisons of Conventional & Whole Foods. Low Fat/Low Salt Diet. How to be a Healthy Vegetarian. Glossary of Health Foods. Complete Sprouting Guide. Low Temperature Cooking. The Recipes: All Dairyless, All Flourless, All Vegetarian Zucchini Chips, Cashew Yoghurt, Almond Milk, Sprout Breads, Bagels, & Cookies, Dairyless Vanilla Ice Cream, Basil Tahini Dressing, Salt Substitutes, Dehydrated Banana Chips, Whole Meal Super Salads, Non-alcoholic Rejuvelac Wine, Natural Sodas, Healthy Halvah, Sunflower Seed Cheese, Pizza without Sin and much more.

Because of metabolic liver, kidney and cardiovascular issues, I follow the dietary guidelines of Dr. John McDougall MD, Dr. Caldwell Esselstyn MD, Dr. Joel Furman MD, Dr. Collin Campbell, and a host of other MDs and Chefs who have demonstrated reversing Hypertension, Type 2 Diabetes, Hyperlipidemia, Cardiovascular Arteriosclerosis & Atherosclerosis and NonAlcoholic Fatty Liver Disease (NAFLD) which is a direct result from using statins over two decades. That said, our family follows a Whole Foods (nothing processed or from restaurants) Plant Based Lifestyle Diet. Which means we make our own flour and pasta, sauces and condiments. Aside from my family, because of the metabolic issues I also follow a bit more restrictive diet of no Sugar, Oil or Salt (SOS) and no avocados, nuts, seeds or coconut milk. And yes no flour which is considered an isolated contracted nutrient just like all vegetable oils which are extremely calorie dense. But for my family, I want the best. They love the Ezekiel 4:9 Breads (English Muffins) that are made with grains and legumes that do not have the glucose spike after consumption. So learning how to sprout beans and grains and dehydrating them after sprouting and throwing them into a flour mill like the NutriMill or WonderMill is a totally new procedure for us. I have purchased several flour books, and bread books, but still have not found the complete process, plus we want to understand sprouting beyond bread flour. Steve Meyerowitz's book FINALLY addresses the whole process of knowledge, the why, the how, and the finished product recipe. Steve is a very good writer, and the logic he uses to explain things is exactly how I like to learn. I strongly recommend this book for anyone who is going unprocessed, and pursuing a Whole Foods Plant Based Diet with now Dairy, or SOS.

This book is worth it! I am about into the middle of it now and REALLY IMPRESSED! It is chock full of recipes and is a vast help in understanding "why" we need to look into what we eat, "what" we can do about it and "how" to. And I cannot say enough about the easy reading and great attitude in this book. I have read books whose attitudes or writing styles have led me to regret having read them. This is definately not one of those. Now it is at the top of my recommended reading list.

I especially like the sprouted bread recipes in this book. Worth purchasing just for those.

Excellent book. Steve really knows how to write an an enjoyable, chock-full, instructive book. Good recipes.

WOW! I never knew you could do so much with sprouts! I bought this book thinking of all the great salads I was going to make. After reading through this cookbook, I now am looking forward to sprout breads, cookies, bagels, and more. There are also lots of recpies that don't use sprouts, like seed cheese and yogurt, cashew vanilla malt (delicious!), and soups and dressings. This book is well worth the low price.

I'm into raw foodism and have found various recipe books for a raw foodist. This book is the best recipe book I know. It's very detailed, practical, and rich in contents. I also like the philosophy of the author: While it is good to increase the intake of raw foods, it's not necessary that every mouthful of food contains enzyme. Sometimes it's necessary to cook the food at a relatively low temperature. I've learned to make sprouted wheat bread from this book. It's very easy and the bread is wonderfully nutritious and delicious. I recommend this book highly to every one, raw foodist or not.

I felt it was confusing, and did not cover the basic methods of sprouting well. I was hoping for an explanation of different systems, step by step. No photos. I didn't like the recipes. I got better information from a magazine article I ran across.

This book is fantastic. Steve Meyerowitz really knows what he's talking about. I really love the seed/nut cheeses and ofcourse, SPROUTBREAD. Steve even includes some juicing recipes and many fruit and vegetable meals. I love the history and information about foreign eating habits. I never realized all the different types of flour there are and how we, the consumer, are deceived by their

fancy wording. If you are serious about changing your diet for the better, this book is a great starting point. I liked this book so much, I'm purchasing 4 others by this author.

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