



Coco's Healthy Cooking: A Collection of Delicious Plant-Based Recipes to Renew Your Health & Vitality

Melinda Coker

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"Coco's Healthy Cooking" is the book to try if you have ever even thought for a second about healthy eating. I have brought together a collection of over 150 recipes (with pictures) adapted to fit my criteria (tasty, plant-based, real food, low fat). I want to give people a different view of vegan food – that it can be something they like and something they can eat every day. The recipes in this book have been rotating through my kitchen for nearly three years and my family still loves them. After reading "The China Study" in 2006, I made an abrupt change to a plant-based diet. That was the direction health research was going and I was going to jump on that train and go with it. Americans have become fat and sick because of what they eat. It's all right if adults want to bring obesity and illness on themselves, but we should not be bringing it on our children. That is wrong. It is especially important to me that my little granddaughter grows up thin and healthy. I only get to keep her for a few weeks every year, but we have made those weeks count. She has helped "Coco" cook and she has learned to try a small bite of almost everything I fix. She actually likes and eats a majority of the recipes in this collection. I am extremely picky about what I eat. I like fresh food, real food, healthy food, pretty food, light food and food with subtle flavors. My husband has a few different traits as he likes food that will make you gasp for breath. This cook book is mine so most of the flavors are light. Try serving Tacos or Tamale Pie to your family or guests and I guarantee they will never know you have given them a plate of health. Then try an easy, warm-from-the-oven Fruit Cobbler for dessert. It's heavenly! My challenge to you is to purchase this book, get back in the kitchen and serve up some healthy, delicious food! Thanks, Melinda Coker

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