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Popcorn In A Paper Bag The
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Can You Pop

Popcorn In A Paper

Bag The Microwave

*Whether you occasionally enjoy chocolate
or eat it every single day, Healthier*

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*Chocolate Treats is the cookbook for you!
It's full of easy, flavorful, and chocolate-
laden recipes that anyone can make.*

*You'll taste treats like... Dark Chocolate
Cherry Granola Chocolate Chip
Buttermilk Pancakes Pumpkin Chocolate
Chip Granola Bars Chocolate Kettle Corn
Dark Chocolate Raspberry Truffles*

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S'mores Cheesecake Bars ...and more!

Each recipe includes detailed step-by-step instructions, Nutrition Information, and mouthwatering photos that would tempt even the staunchest of vanilla lovers.

From white to semisweet to dark and everything in between, these sweet recipes are a chocoholic's dream come true!

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A sustainable lifestyle starts in the kitchen with these use-what-you-have, spend-less-money recipes and tips, from the friendly voice behind @ZeroWasteChef. In her decade of living with as little plastic, food waste, and stuff as possible, Anne-Marie Bonneau, who blogs under the moniker Zero-Waste

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Chef, has learned that "zero-waste" is above all an intention, not a hard-and-fast rule. Because, while one person eliminating all their waste is great, if thousands of people do 20 percent better it will have a much bigger impact on the planet. The good news is you likely already have all the tools you need to

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begin to create your own change at home, especially in the kitchen. In her debut book, Bonneau gives readers the facts to motivate them to do better, the simple (and usually free) fixes to ease them into wasting less--you can, for example, banish plastic wrap by simply inverting a plate over your leftovers--and, finally, the

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recipes and strategies to turn them into more sustainable, money-saving cooks. Rescue a loaf from the landfill by making Mexican Hot Chocolate Bread Pudding, or revive some sad greens to make a pesto. Save five bucks (and the plastic tub) at the supermarket with Yes Whey, You Can Make Ricotta Cheese,

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then use the cheese in a galette and the leftover whey to make sourdough tortillas. With 75 vegan and vegetarian recipes for cooking with scraps, creating fermented staples, and using up all your groceries before they become waste--including end-of-recipe tips on what to do with your ingredients next--Bonneau lays out an

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attainable vision of a zero-waste kitchen. Make cooking super simple with these Super Simple Recipes. This book features a delicious main ingredient kids will love, popcorn! With step-by-step instructions on how to make the easy and tasty recipes like maple bacon kettle corn and popcorn muffin delights, young cooks will jump at

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the chance to prepare their favorite food in new ways. Includes measuring guides and tools and ingredients lists to help enhance early learning. Aligned to Common Core Standards and correlated to state standards. Super Sandcastle is an imprint of Abdo Publishing, a division of ABDO.

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Presents recipes ranging in difficulty with the science and technology-minded cook in mind, providing the science behind cooking, the physiology of taste, and the techniques of molecular gastronomy.

*The world's favorite snack just got tastier
! These sweet and savory treats will turn*

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*this old-fashioned staple into
Snickerdoodle Popcorn, Pumpkin Balls,
Caramel Nut Bars, Sleepover Mix, Taco
Spice, and A Taste of Asia. And for a
popper of a surprise, give CinnaPop Cake,
Popcorn Brownies, Rooster Snacks,
Chicken Nuggets, and Swedish Meatballs
a try.*

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Tailgreat

The Simple Bites Kitchen

Farmer Boy

*Everything you want to know about
popcorn and more*

Minimalist Baker's Everyday Cooking

The Messy Baker

Once Upon a Chef: Weeknight/Weekend

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An award-winning dietitian, nutritionist and wellness expert provides a 7-Day Vitality Plan, complete with menus, exercise guidelines and lifestyle solutions, that will help women feel and look younger in just one week. Original.

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120 simple and delicious recipes in a cookbook that's chock-full of nutritional information and expert advice from Seattle's popular grocer, PCC Community Markets. Eating healthy, local food prepared from scratch is at the heart of this cookbook

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from PCC Community Markets. Going strong for sixty-five years, they are respected and appreciated throughout the NW for their commitment to local producers, sustainable food practices, and healthful, organic seasonal foods. You will find 120 recipes organized for

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every meal of the day, including many of PCC's most popular dishes, such as their treasured Emerald City Salad.

The book also includes cooking, storing, and shopping tips -everything you need to know to make the most of the local bounty offered in your area,

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wherever you live.

Animal fats are being welcomed back into the kitchen! Chefs and home cooks alike are rediscovering how fats create amazing texture — from the flakiest large pie crust to the crispiest fried chicken — and define the flavor of a dish like

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authentic clam chowder with salt pork or duck fat French fries. The Fat Kitchen is the comprehensive guide to rendering and using whole animal fats, including lard, tallow, and poultry fat. Cooks will learn the distinctive qualities and best uses of each fat

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along with methods for curing and storing them. In addition, 100 scrumptious recipes highlight traditional cultural favorites like matzoh ball soup, pasta carbonara, pork tamales, roast beef with Yorkshire pudding, Southern-style collards, confit

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chicken, New England baked beans, and jelly doughnuts.

Ever wonder what's in a hot dog, Jell-O, or Spam? Can't figure out how self-basting turkeys baste themselves or why you should only eat oysters in months with an r? In Why Does

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Popcorn Pop? you'll find the answer to these and hundreds of other quirky culinary questions. Impress even the most cultured of friends with your new found cuisine know-how! Anyone who likes to eat can feed his or her curiosity with this stew of facts on food.

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Explore the adventures of Curiosity the Bear, Twinkly the Mule Deer, Abbey the Moose, Lizard the Leprechaun, Journey the Wolf, the Orange Fairy, Tritzel and Little Elf, Icicle Man, Little Cup, the Flying Suitcase, and many other creatures. Delight in the magic of

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the Magic Pencil, the Magic Muffins,
the Magic Glasses, the Magic Puddle
Waters, the Mental Telepathy Book, the
Ghost Detective Handbook, the Animal
Voice Interpreter, Spirit Lake, and
many other magical phenomenons.
Enliven young minds to the mysteries

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of bedtime story imaginations.

The Popcorn Book

Plant-Forward Recipes and Tips for a
Sustainable Kitchen and Planet

Why Does Popcorn Pop?

Simple, Delicious Recipes to Help You
Balance Your Blood Sugars

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Plant-Based on a Budget

How to Render, Cure & Cook with
Lard, Tallow & Poultry Fat

The 40-Year-Old Vegan

Pull up a chair and dig in!

*POPCORN is chock-full of
tidbits about one of*

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America's favorite snack foods. Learn what makes popcorn pop, how Native Americans liked their popcorn, and how television almost wiped out popcorn's future. Cooking tips, recipes,

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*and resources included.
Ellis loves popcorn. Who
doesn't? But one day her
school goes on a healthy
eating campaign and her
dads decide to follow suit,
banning all snack foods from*

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*their house, INCLUDING
POPCORN. Unfair. Ellis has
got to get around that edict,
so one night she pops a bag
of popcorn out back in the
garage...and she's met with
more than just her favorite*

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*salty snack. One kernel
refuses to pop, and soon it's
sprouted a face, arms, and
legs! He introduces himself
as Popcorn Bob, and he is
NOT in a good mood. (Ever,
really.) He's absolutely*

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ravenous, and no amount of food keeps him from being hungry. Bob causes no end of chaos for Ellis, and she decides to rid herself of him once and for all, except...she actually starts to like him. A

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*chapter book for all ages,
Popcorn Bob is a laugh-out-
loud story about the power
of friendship, and a perfect
bowl of popcorn.*

*Popcorn is the great
American munchie, and it*

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*deserves the creative
gourmet treatment to rescue
it from the pre-packaged
microwave chemistry
experiments available at
every grocery store. Popcorn
offers up nearly 70*

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*tantalizing recipes-both
savory and sweet-to ensure
that popcorn is never boring
again. Try tart and piquant
Lemon-Pepper Popcorn or
Classic Barbecue, or even
Gorgonzola and Green Onion*

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for something completely different. On the sweet side, the offerings include Hawaiian Luau (featuring coconut and white chocolate), Popcorn S'mores, and Bananas Foster (the

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*popcorn version). Patrick
Evans-Hylton also shows how
to use popcorn as an
ingredient in main course
dishes such as Popcorn
Shrimp and Fish Fry with
Seasoned Popcorn which use*

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*popped popcorn as a coating
ingredient. And the
Chesapeake Crab Cakes are
stunningly delicious!*

*The second book in Laura
Ingalls Wilder's treasured
Little House series—now*

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available as an ebook! This digital version features Garth Williams's classic illustrations, which appear in vibrant full color on a full-color device and in rich black-and-white on all other

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*devices. While Laura Ingalls
grows up on the prairie,
Almanzo Wilder is living on a
big farm in New York State.
Here Almanzo and his
brother and sisters help with
the summer planting and fall*

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harvest. In winter there is wood to be chopped and great slabs of ice to be cut from the river and stored. Time for fun comes when the jolly tin peddler visits, or best of all, when the fair

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comes to town. Almanzo wishes for just one thing—his very own horse—and he must prove that he is ready for such a big responsibility. Farmer Boy is Laura Ingalls Wilder's beloved story of

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*how her husband, Almanzo,
grew up as a farmer boy far
from the little house where
Laura lived. The nine Little
House books have been
cherished by generations of
readers as both a unique*

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*glimpse into America's
frontier history and as
heartwarming, unforgettable
stories.*

*National Winner for
Gourmand World Cookbook
Awards 2017 - Family Books*

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*Winner of the 2018 Taste
Canada Awards - General
Cookbooks, Silver Delicious,
wholesome family-friendly
recipes from the creator of
the award-winning Simple
Bites blog Toasty warm in*

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*the winter and cool in the
summer, Aimée's
comfortable kitchen is a
place where the family
gathers, cooks together, and
celebrates everyday life. In
The Simple Bites Kitchen,*

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she brings her love of whole foods to the table and shares heart-warming kitchen stories and recipes that are nutritious, fairly simple to make, and utterly delicious. Aimée knows the challenges

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that come with feeding a family and tackles them head on by providing lunchbox inspiration, supper solutions and healthy snack options. Aimée's collection of 100 wholesome recipes

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draws on her experience as a mom and a seasoned cook and is brimming with fresh ingredients and simple instructions so that you can cook with confidence knowing you're providing

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your family with healthy and great-tasting meals. You and your family will enjoy recipes from Overnight Spiced Stollen Swirl Buns and Maple-Roasted Pears with Granola for breakfast, Tequila-Lime

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*Barbecue Chicken and
Strawberry Rhubarb Pie for a
fresh air feast, garden-
inspired recipes like Harvest
Corn Chowder and Lentil
Cottage Pie with Rutabaga
Mash, and family dinner*

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*favourites like Roast Chicken
with Bay Leaf and Barley and
Cranberry-Glazed Turkey
Meatloaf with Baked Sweet
Potatoes. Filled with
beautiful photography, The
Simple Bites Kitchen also*

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includes recipes to keep your preserves pantry well-stocked all year, tips, simple tutorials and inspiration and ideas for homespun hospitality.

The Art and Science of the

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*Scoop: A Cookbook
Real Science, Great Hacks,
and Good Food
How We Did It, What We
Learned, and 100 Easy,
Wholesome Recipes Your
Family Will Love*

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True Brews

Popcorn Favorites

Popcorn Country

More Than 100 Feel-Good

Vegetarian Favorites to

Delight the Senses and

Nourish the Body

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115 recipes--wholesome new creations and celebrated favorites from the blog--from the husband and wife team behind Two Peas & Their Pod TWO PEAS & THEIR POD celebrates a family, friends, and community-oriented lifestyle that has

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huge and growing appeal. Maria the genuine, fun, relaxed mom next door who's got the secret sauce: that special knack for effortlessly creating tantalizing and wholesome (and budget-friendly) meals with ease. From a Loaded Nacho Bar

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bash for 200 guests to quick-and-easy healthy weeknight dinners like never-fail favorites like One-Skillet Sausage Pasta or Asian Pork Lettuce Wraps (always followed by a fab dessert!), Maria shares her best lifestyle tips and home cook smarts.

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An essential resource for parents looking to update their healthy, inexpensive, time-saving, kid friendly meal roster; aspiring home cooks who want to eat-in delicious food more than they eat out; as well as anyone looking to share their love

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of food and the giving spirit with their neighbors, TWO PEAS & THEIR POD will help readers bring home that (achievable!) slice of Americana, where families come together to enjoy fresh and nutritious meals and there's always a

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batch of still-warm cookies waiting on the counter.

NEW YORK TIMES BESTSELLER

- 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have

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to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. “Jennifer’s recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of *The Skinnytaste*

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Cookbook Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn's

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recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued

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Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

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American Farm Bureau Foundation
for Education Recommended Book
How does a field of corn become a
delicious bowl of popcorn? The story
behind the fluffy snack the entire
country loves is revealed in this
photographic nonfiction picture

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book. Kids love food--and they especially love to eat popcorn! Author Cris Peterson offers an illuminating step-by-step examination of the history and science behind America's favorite snack. With photographs illustrating

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every stage, readers get a behind-the-scenes view of how popcorn is planted, grown, harvested, processed, tested, and finally shipped to stores and movie theaters all over the world. Back matter delves into the history of popcorn and how it

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became so popular in the United States.

Let's Pop, Pop, Popcorn!

Popcorn Favorites: Everything You
Want to Know about Popcorn and
More by John (Jack) Podojil
Trafford Publishing reviewed by

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J.A. Garcia "May all of your days and nights resemble popping corn, Bright, cheerful and full of wonderful mouth-watering flavor." An author of motivational books and proponent of education, Podojil combines his love of popcorn with

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his passion for inspiring children to learn in this volume that is both informative and entertaining. Podojil begins by providing readers with basic facts about this salty snack, briefly exploring the various types of kernels as well as the science behind

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what makes this particular type of corn pop. The chapters that follow provide greater detail on the history of popcorn, several mechanical innovations that forever changed the way popcorn is made, and a wealth of Native American folklore

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surrounding this tasty and versatile treat. Readers will also find information on surprising attractions devoted entirely to popcorn as well as fun popcorn trivia. After providing this rich foundation of popcorn knowledge, Podojil goes on

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to describe practical applications for the classroom by including detailed lessons and activities for a variety of subjects and age groups. Finally, this unique popcorn guide reveals various recipes for not only the familiar varieties of candied popcorn

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or savory flavorings, but several unexpected culinary treats as well, such as "Popcorn Soup" and "Popcorn Diner Meatloaf." This multifaceted popcorn guide is useful for not only popcorn aficionados, but parents, educators, and home cooks

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alike. Intuitively laid out, this volume provides a wealth of knowledge on the history, science, economics, and culture surrounding this popular treat. And perhaps best of all, popcorns lovers will be happy to find over eighty easy-to-follow,

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diverse recipes that are sure to please the most discerning popcorn fan.

Healthier Chocolate Treats

Stir-Frying to the Sky's Edge

75 Creative Recipes for Everyone's Favorite Snack

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The Zero-Waste Chef

75 Recipes to Make You Leaner,
Cleaner, and Greener in the Second
Half of Life

120 Recipes for Colorful, Seasonal
Food from PCC Community
Markets

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Let's Pop, Pop, Popcorn!

***Seventy-five sweet and savory
popcorn recipes to satisfy every
craving The days of buying
popcorn in those expensive tins
are over thanks to Party
Popcorn, a book full of popcorn***

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recipes that are incredibly fun and affordable to make at home. With 75 tasty recipes, Ashton Swank offers much more than just the familiar caramel and cheddar flavors. In the savory chapter, Swank includes

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***creations like Pepperoni Pizza,
Bacon Teriyaki, and Taco Lime.
The sweet options range from
Turtle Brownie to Gooey S'mores
to Firecracker (which has candy
Pop Rocks!). There's also a
chapter devoted to popcorn fun***

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for kids and another just for the holidays. Such a wide variety of flavored popcorn means that there's a batch perfect for any occasion. Even better, popcorn is naturally vegan, vegetarian, and gluten-free, a great

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***alternative to unhealthy
processed snacks. This vibrant
little volume is the definitive
popcorn guide.***

***"Told through rhyme, the step-by-
step process of how America's
favorite snack is grown,***

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***harvested, and popped is explained. Back matter includes scientific facts and activities"--
The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan***

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recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a

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***devoted worldwide following.
Now, in this long-awaited debut
cookbook, Dana shares 101
vibrant, simple recipes that are
entirely plant-based, mostly
gluten-free, and 100% delicious.
Packed with gorgeous***

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***photography, this practical but
inspiring cookbook includes: •
Recipes that each require 10
ingredients or less, can be made
in one bowl, or require 30
minutes or less to prepare. •
Delicious options for hearty***

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***entrées, easy sides, nourishing
breakfasts, and decadent
desserts—all on the table in a
snap • Essential plant-based
pantry and equipment tips • Easy-
to-follow, step-by-step recipes
with standard and metric***

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ingredient measurements

Minimalist Baker's Everyday

***Cooking is a totally no-fuss
approach to cooking for anyone
who loves delicious food that
happens to be healthy too.***

Sam Bear invites his friends to

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***his house for a Halloween party
and an unforeseen problem
results when everyone brings
popcorn to eat.***

***This accessible home-brew
guide for alcoholic and non-
alcoholic fermented drinks, from***

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***Apartment Therapy: The Kitchn's
Emma Christensen, offers a wide
range of simple yet enticing
recipes for Root Beer, Honey
Green Tea Kombucha, Pear
Cider, Gluten-Free Sorghum Ale,
Blueberry-Lavender Mead, Gin***

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Sake, Plum Wine, and more. You can make naturally fermented sodas, tend batches of kombucha, and brew your own beer in the smallest apartment kitchen with little more equipment than a soup pot, a

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plastic bucket, and a long-handled spoon. All you need is the know-how. That's where Emma Christensen comes in, distilling a wide variety of projects—from mead to kefir to sake—to their simplest forms,

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making the process fun and accessible for homebrewers. All fifty-plus recipes in True Brews stem from the same basic techniques and core equipment, so it's easy for you to experiment with your favorite flavors and

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add-ins once you grasp the fundamentals. Covering a tantalizing range of recipes, including Coconut Water Kefir, Root Beer, Honey–Green Tea Kombucha, Pear Cider, Gluten-Free Pale Ale, Chai-Spiced Mead,

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Cloudy Cherry Sake, and Plum Wine, these fresh beverages make impressive homemade offerings for hostess gifts, happy hours, and thirsty friends alike.

***100 Days of Real Food
Favorite Everyday Recipes from***

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Our Family Kitchen

The Easy Diabetes Cookbook

70 Quick-Fix Weeknight Dinners

+ 30 Luscious Weekend Recipes:

A Cookbook

Party Popcorn

Hello, My Name Is Ice Cream

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***Let's Cook with Popcorn!:
Delicious & Fun Popcorn Dishes
Kids Can Make***

*Winner of the 2011 James
Beard Foundation Award
for International
Cooking, this is the*

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*authoritative guide to
stir-frying: the cooking
technique that makes
less seem like more,
extends small amounts of
food to feed many, and
makes ingredients their*

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*most tender and
delicious. The stir-fry
is all things: refined,
improvisational,
adaptable, and
inventive. The technique
and tradition of stir-*

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*frying, which is at once
simple yet subtly
complex, is as vital
today as it has been for
hundreds of years—and is
the key to quick and
tasty meals. In Stir-*

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*Frying to the Sky's
Edge, award-winning
author Grace Young
shares more than 100
classic stir-fry recipes
that sizzle with heat
and pop with flavor,*

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*from the great Cantonese
stir-fry masters to the
culinary customs of
Sichuan, Hunan,
Shanghai, Beijing,
Fujian, Hong Kong,
Macau, Taiwan,*

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*Singapore, and Malaysia,
as well as other
countries around the
world. With more than
eighty stunning full-
color photographs,
Young's definitive work*

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*illustrates the
innumerable, easy-to-
learn possibilities the
technique offers—dry
stir-fries, moist stir-
fries, clear stir-fries,
velvet stir-fries—and*

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*weaves the insights of
Chinese cooking
philosophy into the
preparation of beloved
dishes as Kung Pao
Chicken, Stir-Fried Beef
and Broccoli, Chicken Lo*

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*Mein with Ginger
Mushrooms, and Dry-Fried
Sichuan Beans.*

*Eat vegan—for less!
Between low-paying jobs,
car troubles, student
loans, vet bills, and*

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*trying to pay down
credit card debt, Toni
Okamoto spent most of
her early adult life
living paycheck to
paycheck. So when she
became a vegan at age*

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20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular

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website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going

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vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it

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*helps you save time,
too. Every recipe in
this book can be ready
in around 30 minutes or
less. Through her
imaginative and
incredibly customizable*

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recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover

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*100 of Toni's "frugal
but delicious" recipes,
including: •*

*5-Ingredient Peanut
Butter Bites • Banana
Zucchini Pancakes • Sick
Day Soup • Lentils and*

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Sweet Potato Bowl • PB

Ramen Stir Fry • Tofu

Veggie Gravy Bowl •

Jackfruit Carnita Tacos

• Depression Era

Cupcakes • Real Deal

Chocolate Chip Cookies

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*With a foreword by
Michael Greger, MD,
Plant-Based on a Budget
gives you everything you
need to make plant-based
eating easy, accessible,
and most of all,*

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*affordable. Featured in
the groundbreaking
documentary What the
Health*

*A Type I, II, or
Prediabetes Diagnosis
Doesn't Mean an End to*

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*Enjoying Fun, Delicious
Food With this
collection of recipes
from registered
dietitian nutritionist
and Milk & Honey
Nutrition® founder Mary*

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Ellen Phipps, you can still make the quick, easy, and tasty foods you love while balancing your blood sugars and managing your diabetes. Diagnosed with type I

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*diabetes when she was
five, Mary Ellen uses
both her professional
and personal experience
to create meals that
will bring the joy and
ease of cooking back to*

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*your kitchen, while
still following a blood
sugar-friendly diet. Get
a balanced start to your
day with options like a
Cheesy Quinoa-Crusted
Spinach Frittata or*

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*Banana Protein Pancakes
for breakfast. Indulge
in favorites like
Coconut-Crusted Chicken
Tenders, Beef and
Broccoli Stir-Fry, or
Diabetes-Friendly*

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*Artichoke and Basil
Pizza stress-free,
because they're designed
to be a part of a
healthy diabetes diet.
Dinner has never been
easier (or better for*

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*your blood sugar levels)
with 15-minute meals
like Pesto Pasta in a
Pinch or Grown-Up
Lunchables. Each recipe
in the book includes
nutritional information*

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*so you know you are
getting the carbs,
protein, and fat you
need. Mary Ellen also
provides a
comprehensive, easy-to-
understand guide to*

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*managing your diabetes
through the food you eat
and specialized tips to
keep your blood sugar
balanced throughout the
day.*

Winner of the

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*International Book
Awards, Green Book
Festival, and Readers'
Favorite Book Awards* Do
you wish you could have
your pasta and eat it
too? So do Sandra and

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Susan Sellani, twin sisters who transformed the traditional Italian comfort foods of their childhood into healthier, plant-based versions. Sandra, a West

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*Coast vegan, and Susan,
an East Coast omnivore,
have collaborated to
create a rational
approach to leaning in
to vegan for those over
forty. The 40-Year-Old*

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Vegan includes a fifty-two-week plan to easily transition to a plant-based lifestyle, with old-fashioned, recognizable vegan recipes and a realistic

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*vision for looking and
feeling good in the
second half of
life?without having to
squeeze into a pair of
size-two Spanx! Recipes
include: Lentil*

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Shepherd's Pie
Manicotti
Florentine with Cashew
Ricotta Zucchini Noodles
with Lemon Walnut
Pesto
Unstuffed Poblano
with Macadamia
Cojita
Jackfruit

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*ChiliRocky Road Nice
CreamAnd more!Mercy for
Animals is a beneficiary
of 10% of author
proceeds.*

*Children delight in
spring blossoms that*

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*resemble popcorn on a
tree.*

*Curiosity the Bear and
the Popcorn Party*

*How to Craft Fermented
Cider, Beer, Wine, Sake,
Soda, Mead, Kefir, and*

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Kombucha at Home

*101 Entirely Plant-
based, Mostly Gluten-
Free, Easy and Delicious
Recipes*

*Delicious & Fun Popcorn
Dishes Kids Can Make*

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Popcorn Bob

Popcorn

101 Things to Do with

Popcorn

Popcorn has probably been around longer than any other snack food on the planet. It has a rich history, dating

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back to before civilization and taking part in a multitude of events we celebrate every year. It's the most popular snack food around the world, and the second most popular snack in America (falling just behind potato chips). Popcorn can be found all over

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the country, at movie theaters, carnivals, and most people's kitchens or pantries. It is a common misconception that popcorn is an unhealthy snack. The reason some people avoid popcorn is because they don't understand the real culprit!

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Behind its supposedly unhealthy status, are the seasonings and additives, often added to commercially packaged products to liven up the bland natural flavor and to lengthen it's shelf life. The popcorn itself is a wholegrain, and these can

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help prevent cancer and lower the risk of heart disease, while also supplying healthy nutrients that support our vision. There are many different methods to create popcorn, but the basic principle stays the same. All you have to do is make the kernels hot

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enough to heat the moisture contained naturally inside, and turn that into steam. The steam creates pressure from inside the hard shell casing and before you know it, POP! - the kernel is turned inside out and is ready to be consumed. As long as you

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can generate heat and have some kernels on hand, you can make popcorn! Enough of the history, what about the recipes? I've gathered 30 of the finest popcorn recipes from around the world for your snacking pleasure, and have tried to keep them

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free from artificial sweeteners, preservatives or other nasty additives wherever possible. I've specified 9 cups of popped corn for most recipes, as that gives 3 generous cups per serving - you can have as many or as few servings as you fancy, but keep an

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eye on the calories! For your convenience, I've also included nutritional data from the USDA for each recipe - that's the U.S. Department of Agriculture and not the United Square Dancers of America! My preference for both

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flavor and health reasons, is freshly air-popped popcorn - so I have used that kind for all of these recipes.

Everything in this book can be made with kernels you have freshly popped, or if you are in a hurry (or feeling lazy!), then you can always use the

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plain store bought pre-popped variety - just make sure you check the packaging for artificial nasties! Most of the ingredients for these recipes can be found at your local grocery store or deli, but if you get stuck, then the slightly more unusual ones can also be

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bought online via this special page on
my website -

www.greengourmetbooks.com/ing

Enjoy preparing and sharing! Lori x

P.S. - If 30 recipes isn't quite enough
for you, then check the back of the
book to find out how to get another

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12, absolutely free!

Bring home all the flavors and excitement of game day thanks to a lifetime of tailgating wisdom from James Beard Award winner and Top Chef Masters contestant John Currence. John Currence is one of the

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most celebrated and beloved chefs in America, but he ' s also a tailgating fanatic. For years he has prepared fans to go into battle before football games on his home turf in Oxford, Mississippi, supplying them with dishes that go way beyond the

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expected burgers and hot dogs. In Tailgreat he makes his case that tailgating food can be so much more than sad store-bought dips and chips, as we celebrate the spirit of coming together with friends and family to support a common cause: our team.

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The dishes are flavor-packed hits like Korean BBQ Wings, Grilled Corn Guacamole, Sweet Mustard Pulled Pork, and NOLA Roast Beef Po ' Boy Bites. With these recipes you will surely lead your team, or at least your next meal, to victory.

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With more than 100 recipes for ice cream flavors and revolutionary mix-ins from a James Beard-nominated pastry chef, Hello, My Name is Ice Cream explains not only how to make amazing ice cream, but also the science behind the recipes so you can

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understand ice cream like a pro.

Hello, My Name is Ice Cream is a combination of three books every ice cream lover needs to make delicious blends: 1) an approachable, quick-start manual to making your own ice cream, 2) a guide to help you think

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about how flavors work together, and
3) a dive into the science of ice cream
with explanations of how it forms,
how air and sugars affect texture and
flavor, and how you can manipulate
all of these factors to create the ice
cream of your dreams. The recipes

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begin with the basics—super chocolately chocolate and Tahitian vanilla—then evolve into more adventurous infusions, custards, sherbets, and frozen yogurt styles. And then there are the mix-ins, simple treats elevated by Cree's pastry

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chef mind, including chocolate chips designed to melt on contact once you bite them and brownie bits that crunch.

In this colorful homebrewing guide, The Kitchn ' s Emma Christensen gives you the keys to the brewery.

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Start out by mastering the basic styles, like A Very Good IPA and A Very Good Porter, then move on to inspired variations such as Centennial Dry-Hopped Double IPA, Campari IPA, and Smokey Chipotle Porter to discover which flavors, infusions,

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hops, and yeasts work best with each ale and lager. Want to brew a signature beer with your own personal stamp? Go wild with the “ Make It Yours ” suggestions and try tossing anything from cherries to chai spices into your brew. This handy manual

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also dives deep into the mechanics of brewing all-extract, partial-extract, and all-grain brews, and includes a big, beautiful photographic guide to brewing beer so you can see exactly how each step is done. You can brew small 1-gallon batches, perfect for

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apartment brewers and low-risk experimentation, or brew 5 gallons and have enough to share with all your friends. You ' It also be introduced to up-and-coming beer trends like rye malts, barrel-aging at home, sour beers, gluten-free beers,

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and Old World beer styles. Filled with inspiring recipes like Riding Lawn Mower Pale Ale, Maple Cider Dubbel, Finnish Juniper Rye Sahti Ale, Figgy Pudding British Barleywine, and Farmers ' Market Gruit, Christensen ' s accessible

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approach will have you brewing better beer in no time.

#1 New York Times Bestseller The creator of the 100 Days of Real Food blog draws from her hugely popular website to offer simple, affordable, family-friendly recipes and practical

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advice for eliminating processed foods from your family's diet.

Inspired by Michael Pollan's *In Defense of Food*, Lisa Leake decided her family's eating habits needed an overhaul. She, her husband, and their two small girls pledged to go 100 days

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without eating highly processed or refined foods—a challenge she opened to readers on her blog. Now, she shares their story, offering insights and cost-conscious recipes everyone can use to enjoy wholesome natural food—whole grains, fruits and

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vegetables, seafood, locally raised meats, natural juices, dried fruit, seeds, popcorn, natural honey, and more. Illustrated with 125 photographs and filled with step-by-step instructions, this hands-on cookbook and guide includes: Advice

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for navigating the grocery store and making smart purchases Tips for reading ingredient labels 100 quick and easy recipes for such favorites as Homemade Chicken Nuggets, Whole Wheat Pasta with Kale Pesto Cream Sauce, and Cinnamon Glazed

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Popcorn Meal plans and suggestions for kid-pleasing school lunches, parties, and snacks "Real Food" anecdotes from the Leakes' own experiences A 10-day mini starter-program, and much more.

Popcorn!

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What Makes Popcorn Pop?

Younger Next Week

Breakfasts, Snacks & Desserts for
Every Chocoholic

And Thirty-Eight Other Bedtime
Stories for Children

How to Make Sweet & Savory

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Gourmet Popcorn at Home

Two Peas & Their Pod Cookbook

Presents information about various
kinds of foods by answering
interesting questions.

The path to a healthy body and
happy belly is paved with real

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food--fresh, wholesome, sustainable food--and it doesn't need to be so difficult. No one knows this more than Kathryne Taylor of America's most popular vegetarian food blog, Cookie and Kate. With Love Real Food, she offers over 100 approachable and outrageously

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delicious meatless recipes complete with substitutions to make meals special diet-friendly (gluten-free, dairy-free, and egg-free) whenever possible. Her book is designed to show everyone--vegetarians, vegans, and meat-eaters alike--how to eat well and feel well. With brand-new,

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creative recipes, Taylor inspires you to step into the kitchen and cook wholesome plant-based meals, again and again. She'll change your mind about kale and quinoa, and show you how to make the best granola you've ever tasted. You'll find make-your-own instant oatmeal mix and fluffy,

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naturally sweetened, whole-grain blueberry muffins, hearty green salads and warming soups, pineapple pico de gallo, healthier homemade pizzas, and even a few favorites from the blog. Of course, Love Real Food wouldn't be complete without plenty of stories starring Taylor's veggie-

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obsessed, rescue dog sous-chef, Cookie! Taylor celebrates whole foods by encouraging you not just to "eat this," but to eat like this. Take it from her readers: you'll love how you feel.

Since when did every cookie on the plate have to be just like the next? Or

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each layer of cake exactly the same height? Each piecrust an impeccable work of art and encircled by stunningly perfect pastry leaves? To the uninitiated, all that fastidious, spotless baking is intimidating, not to mention exhausting. The Messy Baker celebrates baking as it

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happens in the real world--sweet, messy, fun, not always gorgeous, but a way to show love. Which doesn't make it any less delicious; to the contrary, Charmian Christie's flavor combinations rise far above the ordinary. Why have a raspberry galette when you can enjoy a

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raspberry-rhubarb galette with
drippy, unctuous walnut frangipane?
Or how about a Brie and walnut
whiskey tart? It's all yours without
the rigid perfectionism or
complicated instructions of other
gourmet cookbooks. Christie's warm,
irreverent voice brings the fun back

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into baking at a time when home cooks--pulled from pillar to post by jobs and errands--need to have fun. The Messy Baker is a full-service book that not only guides the reader through simple, delicious recipes but is also there to help out when things go wrong. For anyone who gave in

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frustration when that cake collapsed or the frosting smeared, Christie's practical advice is here to rescue even the worst disaster and inspire the baker to try the next recipe. Presents a variety of facts about popcorn and includes two recipes. Questions and answers explore the

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scientific aspects of the world around us.

More Than 75 Delicious Recipes from
a Real Kitchen

The Ultimate Guide to Mastery, with
Authentic Recipes and Stories

The Fat Kitchen

Love Real Food

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The Story of America's Favorite
Snack

Cooking for Geeks

Brew Better Beer

**"Seventy-five popcorn recipes
for every occasion and every
taste, from savory to sweet.**

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Popcorn lovers don't have to break the bank by buying the expensive gourmet kind anymore! This cookbook includes 75 tasty popcorn recipes that are not only significantly cheaper, but also

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incredibly fun to make at home. Treat your friends and family to flavored popcorn beyond the average caramel or cheddar flavors you're used to getting in those tin cans. From sweet, like Turtle

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**Brownie, Gooey S'mores, and
Firecracker(which uses Pop
Rocks candy) to savory, like
Pepperoni Pizza, Bacon
Teriyaki, and Taco Lime, the
wide variety of options means
there is a batch that's perfect**

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for any occasion. For added appeal, popcorn is naturally vegan, vegetarian, gluten-free, and nut-free, making it a great alternative to sugary and fatty processed snacks. Swank's colorful and gifty book is the

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**last word in popcorn-
making"--**

**How to Crush It at Tailgating
[A Cookbook]**

**30 Perfect Popcorn Recipes
Popcorn Popping on the
Apricot Tree**

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Cooking from Scratch

**And Other Questions about
the World Around Us
Delicious Vegan Recipes for
Under \$30 a Week, in Less
Than 30 Minutes a Meal**