



The Healthy Voyager's Global Kitchen: 150 Plant-Based Recipes From Around the World

Carolyn Scott-Hamilton

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"Want to be a globetrotting vegan foodie? This book is IT! I feel like I'm on vacation already...bon appetito!"—Kathy Freston, *New York Times* best-selling author of *Veganist*

"*The Healthy Voyager's Global Kitchen* takes you on a scrumptious journey around the world, proving that plant-strong cuisine is not only good for you, but adventurous and tasty too!"—John Robbins, author *The Food Revolution*, *Diet For A New America*, and many others

"A fantastic resource for anyone interested in enriching their palate, *The Healthy Voyager's Global Kitchen* cookbook brings you on a gourmet tour of the world, tasting each region of the globe as healthily and deliciously as possible."—Cat Cora, Iron Chef on the Food Network

"The flavors and recipes in Carolyn's *The Healthy Voyager's Global Kitchen* will rock your taste buds. Her ability to turn international cuisine into healthy vegan fare will blow your mind and transport you across the world. Eating a plant-based diet has kept me healthy, strong, and fit, and this cookbook will be a staple in my kitchen from here forward!"—Tony Horton, author of *Bring It!* and creator of the workout system P90X

Explore a world of cuisines from the comfort of your own kitchen!

If you're looking to add some tasty international inspiration to your dining table, let *The Healthy Voyager's Global Kitchen* be your guide. You'll be treated to 150 of the best international recipes from across the globe—all veganized for your enjoyment. From Greece's epic gyros, to hearty Colombian empanadas, to heavenly Japanese matcha green tea ice cream, you'll globe-trot your way through the most flavorful plant-based fare this planet has to offer!

Author Carolyn Scott-Hamilton, creator of the popular website www.healthyvoyager.com, shows you how to re-create the meals and tastes you've been dreaming of ever since that honeymoon trip to the Caribbean—or even just that last trip to your neighborhood Indian restaurant! And with gluten-free, low-glycemic, soy-free, low-fat, and raw-food notations on every recipe, everyone can join in the fun of global plant-based cuisine, no matter what special diet they're on.

Keep things fresh and new from meal to meal and make every day an international delight with *The Healthy Voyager's Global Kitchen*.

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From reader reviews:

Steven Page:

Why? Because this The Healthy Voyager's Global Kitchen: 150 Plant-Based Recipes From Around the World is an unordinary book that the inside of the publication waiting for you to snap this but latter it will jolt you with the secret this inside. Reading this book close to it was fantastic author who else write the book in such remarkable way makes the content within easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This excellent book will give you a lot of benefits than the other book possess such as help improving your expertise and your critical thinking method. So , still want to hesitate having that book? If I ended up you I will go to the publication store hurriedly.

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Peggy Young:

Many people said that they feel bored when they reading a guide. They are directly felt that when they get a half regions of the book. You can choose the actual book The Healthy Voyager's Global Kitchen: 150 Plant-Based Recipes From Around the World to make your reading is interesting. Your own personal skill of reading ability is developing when you such as reading. Try to choose easy book to make you enjoy to read it and mingle the feeling about book and studying especially. It is to be very first opinion for you to like to start a book and examine it. Beside that the guide The Healthy Voyager's Global Kitchen: 150 Plant-Based Recipes From Around the World can to be your new friend when you're truly feel alone and confuse using what must you're doing of that time.

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