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The China Study Cookbook: Over 120 Whole Food, Plant-Based Recipes

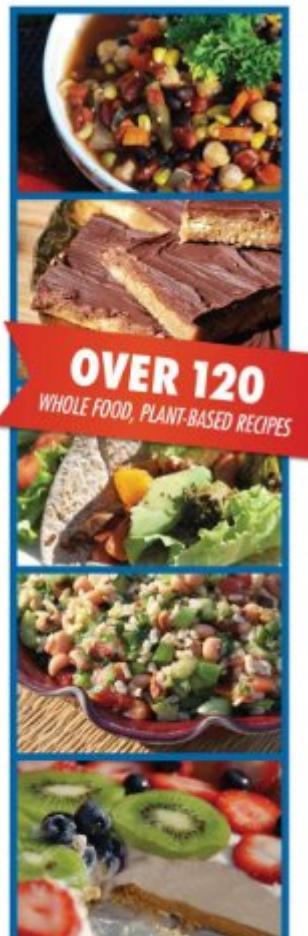
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OFFICIAL COMPANION TO THE CHINA STUDY

THE CHINA STUDY COOKBOOK

LEANNE CAMPBELL, PHD

PHOTOS BY STEVEN CAMPBELL DISLA



Synopsis

The China Study, with 850,000 copies sold, has been hailed as one of the most important health and nutrition books ever published. It revealed that the traditional Western diet has led to our modern health crisis and the widespread growth of obesity, diabetes, heart disease, and cancer. Based on the most comprehensive nutrition study ever conducted, the book reveals that a plant-based diet leads to optimal health with the power to halt or reverse many diseases. The China Study Cookbook takes these scientific findings and puts them to action. Written by LeAnne Campbell, daughter of The China Study author T. Colin Campbell, PhD, and mother of two hungry teenagers, The China Study Cookbook features delicious, easily prepared plant-based recipes with no added fat and minimal sugar and salt that promote optimal health. From her Breakfast Home-Fry Hash and Fabulous Sweet Potato Enchiladas to No-Bake Peanut Butter Bars and Cheese(less) Cake, all of LeAnneâ™s recipes follow three important principles: 1. Optimal nutrition is based on eating food rather than nutrient supplements 2. The closer that foods are to their native states; prepared with minimal cooking, salting, and processing; the greater the long-term health benefits of eating them 3. It is best to choose locally and organically grown produce whenever possible. Filled with helpful tips on substitutions, keeping foods nutrient-rich, and transitioning to a plant-based diet, The China Study Cookbook shows how to transform individual health and the health of the entire family.

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Customer Reviews

I'm reviewing this from the standpoint of being vegan for only 4 months. My twin sister got cancer at age 39 and tested positive for lynch syndrome which means she genetically has a higher risk of certain cancers than the general population. My children and I run the same risk and all the cancer diet research leads me to a low-fat vegan diet. I'm also reviewing this from the perspective of a mom who cooks for a husband, a mother-in-law, and 7 kids (ages 18-6 months) everyday. I've spent hours and hours pouring over recipes for my new menu. If I was going to change everything I fed my family, my new Vegan recipes had to trump my old traditional American family favorites. They have!!! However we also teach our kids that every meal does NOT have to be a symphony in their mouth. I really love that there are no added oils in these recipes. From cooking them I've learned I can successfully omit all the oils from other recipes or make substitutions without losing anything but unwanted fat. I learned from this cookbook that ground flax seeds and water make an excellent egg substitute. I even used it to coat and batter tofu fishsticks from a recipe in The Vegan Lunchbox. I love that these recipes use minimal amounts of sweeteners but they're still delicious. I personally think every recipe in the book is top notch and I would eat them, as I've made a lot of them. However I will only cook foods that win in our family by a majority vote. Here are the recipes that are kid tested and family approved. Pecan Ball Subs (pg 150) is the top pick.

Leanne Campbell, daughter of 'The China Study' author, delivers an intriguing cookbook, based on the findings and conclusions of 'The China Study.' There is a huge selection of plant-based recipes that are offered, without added fat, and minimal sugar and salt. The results of research in 'The China study' concluded that a plant-based diet results in better health as it can aid in reducing obesity, and reversing diseases such as diabetes, and heart disease. The findings also conclude that this diet can halt diseases such as cancer. The recipes provided are easy-to-prepare, tasty, and highlight the importance of avoiding additional fat. The recipes include breakfast, lunch, dinner, desserts and more. These quick and easy meals and snacks include helpful tips on substitutions, based on the author's principals and advice for better nutrition, and less weight gain. These favorite recipes from the plant-based movement are specifically prepared as no-oil dishes as another aid in improving health. My daughter's first choice as a peanut butter lover is the no-bake Peanut Butter

Bars, and mine is the Home-Fry Hash as breakfast is my favorite meal. Since we both love sweet potatoes, the Sweet Potato Enchiladas is next on the agenda as we keep track of our weight, along with exercise. Each week, we will experiment with a new recipe, and I will give our opinion of the outcome. There is something for everyone in this huge selection of recipes. In addition, I have many friends who are diabetics, interested in sharing these recipes. An update of recipes we made this week: GREEK SALAD WITH NUTS (I used walnuts instead of pine-nuts, very tasty. The PUMPKIN PANCAKES were delicious, and the BLUEBERRY COFFEE CAKE was a big hit. Next on the agenda will be BANANA CRUMB MUFFINS and FAVORITE FRENCH TOAST.

I have a cabinet full of low-fat, plant-based, whole foods cookbooks and I know this one will be the most used of all of them. I cannot state emphatically enough how amazing it is that this book brings to the reader traditional comfort food in an EASY and healthy package. You will find many of your old favorites reborn into healthy dishes. I am amazed at how Ms. Campbell was able to accomplish this with such simplicity of both ingredients and preparation. This book is beautifully presented. It is professionally designed and laid out with professional color photographs for nearly every dish. I'm not sure what it is that makes it easier to select a recipe if there's a great picture, but the author and publisher were smart enough to realize this and I appreciate that. Everything looks delicious, and the recipes are all so simple and reasonable to make, but at the same time come out so good.

Healthy has never been so easy or so tasty. The book begins with a short introduction that manages to stuff a lot of good information into a small space without rehashing everything else done by all of the other cookbooks for this audience. It gives sound advice for those transitioning to a plant-based diet. The book is then divided into Breads & Muffins, Breakfast Dishes, Appetizers & Salads, Soups, Sandwiches, Entrees, Side Dishes, and Desserts. Appendices include metric conversions and an index. New family favorites from this book include Fiesta Corn Bread, Apple Turnovers, Lemon Tahini Quinoa Salad, Sesame Noodle Salad, Tomato Tortilla Soup, Thai Wraps, Asparagus Crepes, Seasoned Mushroom Soup, Macaroni Squash, Moroccan Eggplant. The Coconut Mango Pudding is to die for! No added oil in the recipes.

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