



Heart Healthy Pizza (Paperback)

By Mark Sutton

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Heart Healthy Pizza is a breakthrough guide to making nutritious plant-based pizzas. Mark Sutton will show you how to make your own delicious dough, mouth-watering sauces, and vegan cheeses. This cookbook will be a favorite for anyone looking for a healthier way to eat pizza. --- Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine The Heart Healthy Pizza cookbook contains over 100 delicious no-added oil, plant-based recipes for making pizza. Through the imaginative use of grains (oats, quinoa, millet, and others) as well as legumes (such as chickpeas, black eyed peas, dal) and various vegetables (artichokes, carrots, corn, cauliflower.), unique cheese-like sauce recipes are made that range in taste and texture profile from a delicate velvety sauce to a custard firmness. Most are gluten-free. Coupled with recipes for crusts (including gluten-free versions), several bottom sauces and total pizza concepts, this easy to use book will help anyone create scrumptious and delectable pizzas. TABLE OF CONTENTS: Foreword by Howard Lyman Introduction Chapter 1: Firm Foundations Chapter 2: Amazing Gracious Sauces Chapter 3: No Nonsense Non-Cheese Sauces Chapter 4: Powerful Pizza Possibilities Resources...

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