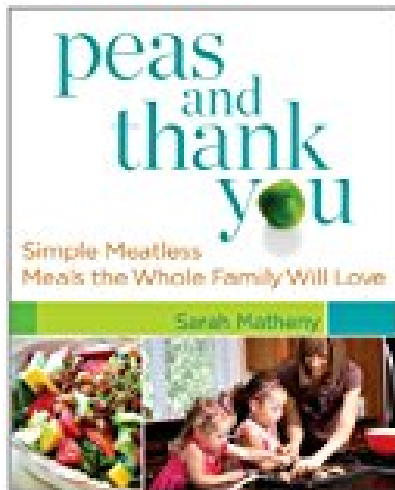


Peas and Thank You Simple Meatless Meals the Whole Family Will Love



BOOK DETAILS

- Author : Sarah Matheny
- Pages : 288 Pages
- Publisher : Harlequin
- Language : English
- ISBN : 0373892403

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BOOK SYNOPSIS

Over 85 Recipes, One Very Happy Family When Sarah Matheny, creator of the popular blog Peas and Thank You, decided to eliminate animal products from her diet, she knew there'd be skeptics. Her husband was raised on the standard American diet. Her grandpa was a butcher. Her mom was the best home cook around, with a generous pat of butter here and a crumble of bacon there. But now Sarah is a mom who wants to feed her children right. Out went the diet soda. In came the smoothies. Out went the "nutrition" bars. In came the nutritious cookies. Out went a tired, caffeine-fueled mom. In came Mama Pea. Peas and Thank You is a collection of recipes and stories from a mainstream family eating a not-so-mainstream diet. Filled with healthy and delicious versions of foods we've all grown up enjoying, but with a Mama Pea twist—no meat, lots of fresh ingredients and plenty of nutrition for growing Peas. From wholesome breakfasts to mouth-watering desserts, there's plenty here to satisfy the pickiest Peas in your life. It's easier than ever to whip up crowd-pleasing meals that will have the whole family asking for, "more, Peas."

PEAS AND THANK YOU SIMPLE MEATLESS MEALS THE WHOLE FAMILY

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