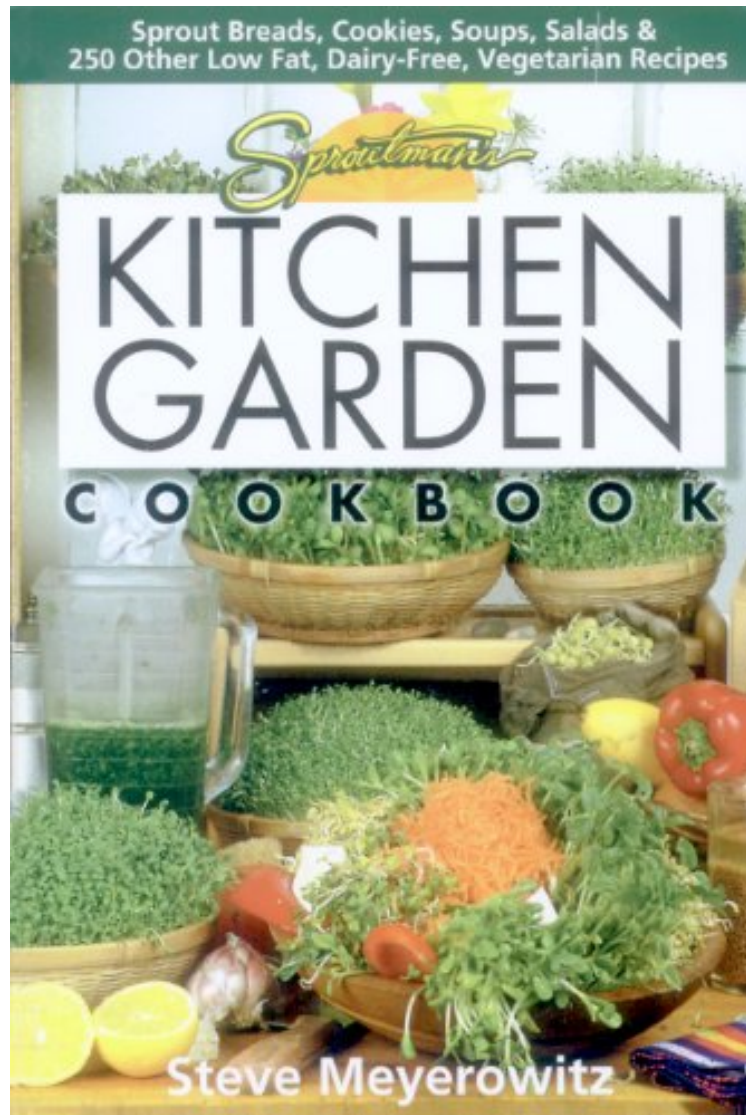


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## **Sproutman's Kitchen Garden Cookbook: 250 flourless, Dairyless, Low Temperature, Low Fat, Low Salt, Living Food Vegetarian Recipes**

*Steve Meyerowitz, Beth Robbins*  
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**Steve Meyerowitz, Beth Robbins : Sproutman's Kitchen Garden Cookbook: 250 flourless, Dairyless, Low Temperature, Low Fat, Low Salt, Living Food Vegetarian Recipes** before purchasing it in order to gage whether

or not it would be worth my time, and all praised Sproutman's Kitchen Garden Cookbook: 250 flourless, Dairyless, Low Temperature, Low Fat, Low Salt, Living Food Vegetarian Recipes:

1 of 1 people found the following review helpful. **FINALLY: A Book That Answers Why and How To Create Sprouted Grains Flour Much Much More**By Tribulation ExodusBecause of metabolic liver, kidney and cardiovascular issues, I follow the dietary guidelines of Dr. John McDougall MD, Dr. Caldwell Esselstyn MD, Dr. Joel Furman MD, Dr. Collin Campbell, and a host of other MDs and Chefs who have demonstrated reversing Hypertension, Type 2 Diabetes, Hyperlipidemia, Cardiovascular Arteriosclerosis Atherosclerosis and NonAlcoholic Fatty Liver Disease (NAFLD) which is a direct result from using statins over two decades. That said, our family follows a Whole Foods (nothing processed or from restaurants) Plant Based Lifestyle Diet. Which means we make our own flour and pasta, sauces and condiments. Aside from my family, because of the metabolic issues I also follow a bit more restrictive diet of no Sugar, Oil or Salt (SOS) and no avocados, nuts, seeds or coconut milk. And yes no flour which is considered an isolated contracted nutrient just like all vegetable oils which are extremely calorie dense. But for my family, I want the best. They love the Ezekiel 4:9 Breads (English Muffins) that are made with grains and legumes that do not have the glucose spike after consumption. So learning how to sprout beans and grains and dehydrating them after sprouting and throwing them into a flour mill like the NutriMill or WonderMill is a totally new procedure for us. I have purchased several flour books, and bread books, but still have not found the complete process, plus we want to understand sprouting beyond bread flour. Steve Meyerowitz's book **FINALLY** addresses the whole process of knowledge, the why, the how, and the finished product recipe. Steve is a very good writer, and the logic he uses to explain things is exactly how I like to learn. I strongly recommend this book for anyone who is going unprocessed, and pursuing a Whole Foods Plant Based Diet with now Dairy, or SOS. 2 of 2 people found the following review helpful. A great big help, both in the "how" and the "why" By V. E. Anthony This book is worth it! I am about into the middle of it now and **REALLY IMPRESSED!** It is chock full of recipes and is a vast help in understanding "why" we need to look into what we eat, "what" we can do about it and "how" to. And I cannot say enough about the easy reading and great attitude in this book. I have read books whose attitudes or writing styles have led me to regret having read them. This is definitely not one of those. Now it is at the top of my recommended reading list. 0 of 0 people found the following review helpful. Five Stars By Leola I especially like the sprouted bread recipes in this book. Worth purchasing just for those.

Turn nuts, vegetable seeds, grains, and beans into gourmet food. Includes recipes for sprout breads, cookies, crackers, soups, pizza, bagels, dressings, dips, spreads, sautes, nondairy milks, and ice-creams. Also food dehydrating, juicing, natural sodas, and foods glossary.

Just arrived in our inventory and hot off the press is the new Sproutman's Kitchen Garden Cookbook. This long awaited book by the Sproutman, Steve Meyerowitz, is a superb guide to preparing super healthy vegetarian and "live food" meals. Included are chapters like Making Sprout Breads. Sprout bread has no flour. The germinated wheat is ground into a dough and then slow-baked or dehydrated. Sprouted wheat bread has 3 times the bran and vitamins of the finest whole wheat bread and is perhaps the only source of wheat germ in the "live" state. Sproutman provides 40 pages of recipes and information on the making of sprout breads, crackers, cookies, bagels and yes...even sprout pizza. It is the only source of this information we know. There is a very thorough chapter on dehydrating foods including recipes such as zucchini chips and sunflower sun-cheeze. A chapter on the pros and cons of dairy. Non-dairy recipes such as cashew yoghurt, almond milk and vanilla iced cream. Charts on Nutrition, sprouting food drying. Low fat/low salt diet. A glossary of health foods and great recipes such as rejuvelac non-alcoholic wine, natural sodas snacks. Many tidbits such as "the Sprout Oath," "the Marx Bros. Meet Sproutman," and "Ode to a Banana" make this a fun to read book that is also loaded with practical information. -- New Life Magazine, August 1994 From the Back Cover **THE AGRICULTURE OF TOMORROW IS HERE TODAY!**(TM) The Kitchen of tomorrow will grow food in addition to preparing it. Hundreds Of Healthy Recipes All Prepared From Sprouted Seeds Breads Nut Milks Dressings Crackers Soups Veggie Burgers Cookies Dips Croquettes Snacks Juices Casseroles Non-Dairy Ice Cream Cheeses The Information: Dairy the Pro's Con's. Making Sprout Bread. How to Dehydrate Foods. Charts on Nutrition, Sprouting, Food Drying. Comparisons of Conventional Whole Foods. Low Fat/Low Salt Diet. How to be a Healthy Vegetarian. Glossary of Health Foods. Complete Sprouting Guide. Low Temperature Cooking. The Recipes: All Dairyless, All Flourless, All Vegetarian Zucchini Chips, Cashew Yoghurt, Almond Milk, Sprout Breads, Bagels, Cookies, Dairyless Vanilla Ice Cream, Basil Tahini Dressing, Salt Substitutes, Dehydrated Banana Chips, Whole Meal Super Salads, Non-alcoholic Rejuvelac Wine, Natural Sodas, Healthy Halvah, Sunflower Seed Cheese, Pizza without Sin and much more. About the Author Steve was pronounced "Sproutman" in a 1977 Vegetarian Times Magazine feature article that explored the why's and wherefores of his 100% sprout diet. While over 2 decades time, most diets change, Steve is still a believer in living foods and one of the most prominent spokespersons for sprouting. Steve got interested in sprouts after a 20 year effort to correct chronic allergies and asthma with conventional medicine. He made dramatic

changes in diet and within two months of eating a strict "living foods," vegetarian diet, his lifelong symptoms disappeared. He continued to practice a 100% raw foods diet (nothing cooked, packaged, canned, frozen or processed) for five years. During that time, he also experimented with other extreme diets such as fruitarianism (just fruit) and fasted for as long as 100 days. Steve's innovative kitchen gardening techniques and the cuisine he developed from them, gave rise to a "School for Sprouts." He began teaching indoor gardening 12 stories above the streets of New York City. He called his no-cooking school, the Sprout House. Steve invented two home sprouters, the Flax Sprout Bag and the Sprout House Kitchen Garden Salad Kit. He supplied these growing kits and a full line of organic sprouting seeds to consumers nationwide via mail order. Steve has since sold the Sprout House mail order business and he and his family now live and breathe fresher air in the Berkshire mountains in Massachusetts, 2 hours north of Manhattan. Much of those teaching years have been transcribed in his books. He has written such sprout-worthy titles as Sprouts the Miracle Food, Sproutman's Kitchen Garden Cookbook, Wheatgrass Nature's Finest Medicine, and Sproutman's Turn-the-Dial Sprout Chart--a portable, photo-field guide to sprouting. Steve has been featured on the Home Shopping Network, TV Food Network, in Prevention, Organic Gardening and Flower Garden Magazines. In 3 minutes on QVC, 953 people ordered his Cookbook and Tabletop Greenhouse.