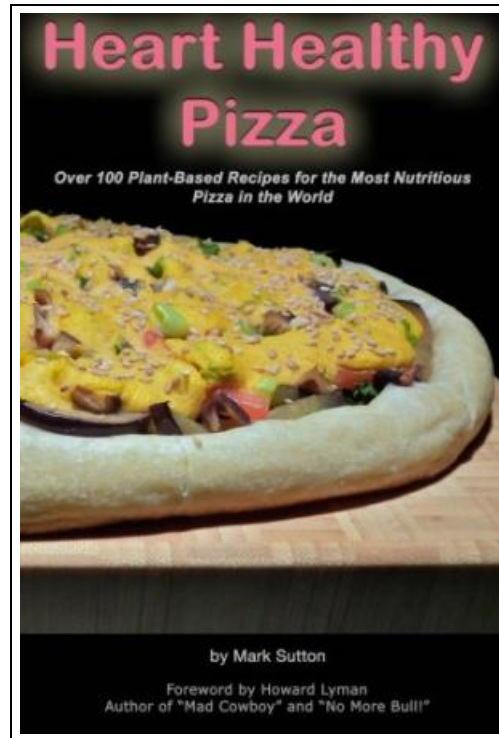


## Heart Healthy Pizza (Paperback)



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### ***Reviews***

*Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.*

***(Mr. Jerry Littell)***

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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 Glossary Appendix 1: Reasons for Choosing a Plant-Based Diet Appendix 2: The Problems with Added Oil or Fat Appendix 3: Fat Stats for Commercial Plant-based Cheeses Appendix 4: Cooking Grains and Legumes Recipes Index General Index All recipes are vegan and were inspired from the 20+ years of peer-reviewed research by Dr. Caldwell Esselstyn, Jr., which demonstrates that a no-added oil plant-based diet can not only reverse heart disease, but in theory, prevent it. Mark Sutton takes pizza to a new level of nutritional possibilities. After reading Heart Healthy Pizza, NO one will be able to eat ANY OTHER pizzawithout a...



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