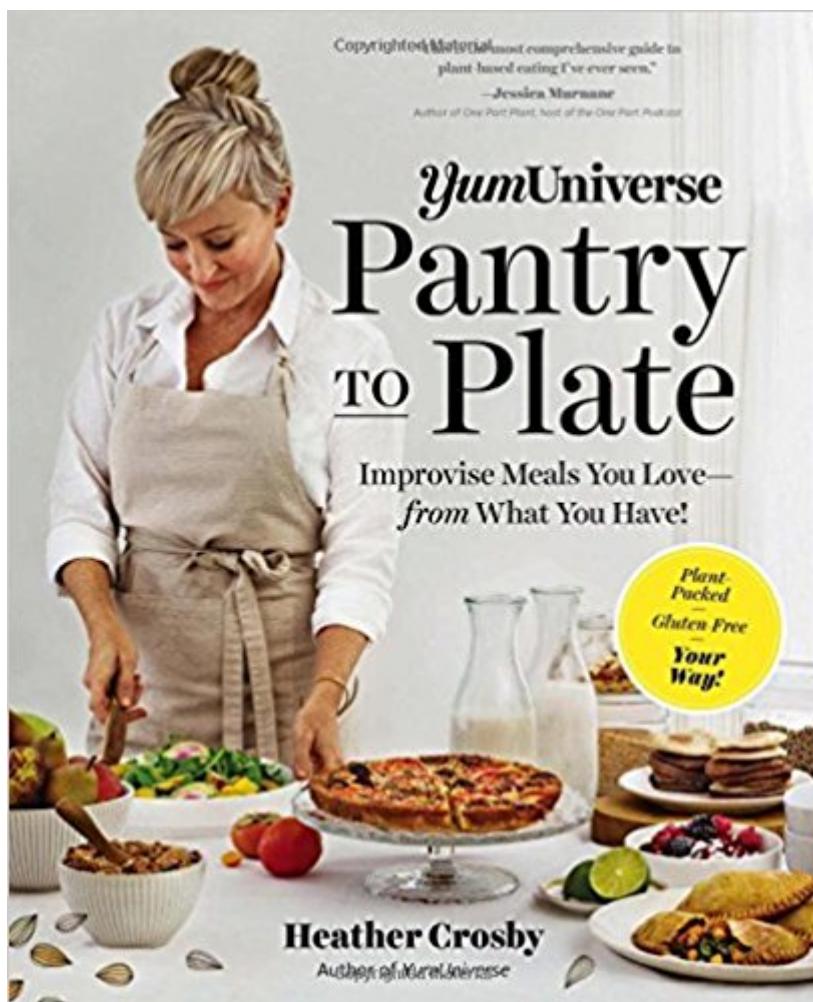


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# **YumUniverse Pantry To Plate: Improvise Meals You Love•from What You Have!•Plant-Packed, Gluten-Free, Your Way!**



## Synopsis

What you crave + What's in your cupboard = Joyful cooking your way Heather Crosby loves a good recipe, but most of the time, she simply cooks pantry to plate. What's that? It's taking stock of what you have on hand and what you're in the mood for "and then, well, improvising! For example: Do you have some veggies, a protein, a binder, and some herbs and spices for flavor? Mix it up and you'll have veggie burgers . . . no recipe required. In this one-of-a-kind cookbook, Heather shares: 30 ingenious recipe templates to help you freestyle plant-packed, gluten-free meals and snacks on the fly: Breakfast Cookies, Bites & Tots, Tacos & Wraps, Hand Pies, and more. Plus, 100 delicious recipes that show the templates in action, from Maple-Spiced Pear & Toasted Pecan Parfait (based on the Coconut Yogurt template) to Pesto Chickpea & Quinoa Scramble (based on the Scrambles template). Are you a recipe renegade who likes to bend the rules? A health-conscious cook seeking more kitchen confidence? Are you busy or tired of going shopping for just one missing ingredient? With the flexible templates in *YumUniverse Pantry to Plate*, gluten-free, plentiful goodness is at your fingertips.

## Book Information

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## Customer Reviews

One of the Best Books of the Month in Cookbooks, Food & Wine For whatever time of day, this cookbook is full of uncomplicated instruction and delicious advice for making everything from crave-worthy, on-the-go snacks to heartier meals. "Foreword A novel idea that just might transform noncooks into creative home chefs. "Booklist Thanks to her simple, flavor-forward take on nutritious eating, Crosby's book will appeal to both longtime vegans and

vegetarians and those just diving into their first glass of almond milk. "Publishers Weekly" This title can help cooks to feel more comfortable modifying and improvising variations from recipes. . . . A fun, customizable collection of contemporary vegan and gluten-free foods. "Library Journal" Crosby is not dogmatic about her plant-based recipes . . . they make a good case for perfecting a dish that can easily be riffed on. "Chicago Tribune" Praise for Heather Crosby: "Heather's always been the queen of the plant scene, but with "Pantry to Plate," she's taken it to the next level." It's the most comprehensive guide to plant-based eating I've ever seen. "Jessica Murnane, author of "One Part Plant," host of the One Part Podcast" "Whether you follow recipes to a T, or you prefer to wing it most of the time, this intuitive guide offers plenty of inspiration for cooking and living well." "Laura Wright, author of "The First Mess Cookbook" "Pantry to Plate" will make you fall in love with whole foods all over again. That's a fact. "Ashlae Warner, founder of Oh, Ladycakes" "Pantry to Plate's" amazing choose-your-own-adventure templates give you the flexibility to work with what you've got in your kitchen right now, rather than stressing about missing one random ingredient. All the combinations are already Heather-approved, which means you can improvise with confidence, knowing that you'll end up with a delicious, plant based, nutrition-packed dish no matter what! "Laura Miller, author and host of "Raw. Vegan. Not Gross."

Heather Crosby's first book, *YumUniverse*, was covered by HGTV.com, Reader's Digest, and NPR's "Your Health," among others. She is a lover of plant-inspired foods, and the recipe developer and photographer of her popular website, *YumUniverse.com* (100,000+ monthly visitors). She also holds a certification from the T. Colin Campbell Center for Nutrition Studies. She lives in West Virginia.

Heather Crosby is an amazing recipe creator. Her first book *Yum Universe* is one of my favorite go to cookbooks and now there is another great book *Yum Universe Pantry to Plate*. With this book, you might never need another cookbook because the possibilities of recipes are endless.

Awesome book, easy to follow and understand, liked it so much, I got one for my sister. She loves it too!

Wonderful Cookbook! Highly recommend.

This is a superb cookbook. Lots of great recipes with tons of variations. Very happy with the layout and ideas. I have Yum Universe as well and I love this book too.

Love this book. Have cooked from it for 2 weeks and the meals were delicious. Great job! Can't wait for the next book.

Amazing cookbook. Loved it.

This is the only cookbook you will ever need to eat healthy, delicious, plant based meals!

Great ideas, great flavour combinations!

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