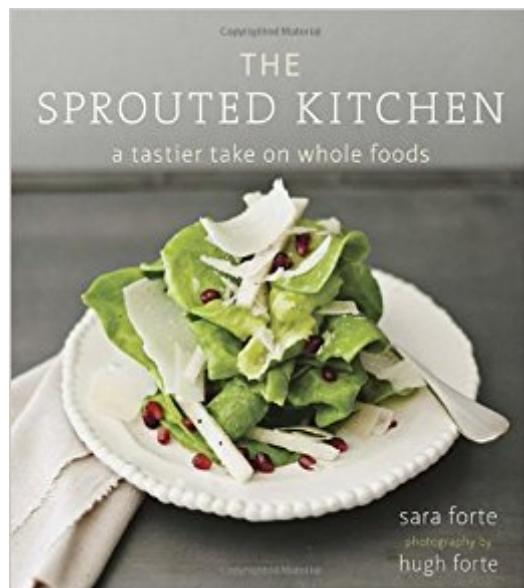


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# The Sprouted Kitchen: A Tastier Take On Whole Foods



## Synopsis

Sprouted Kitchen food blogger Sara Forte showcases 100 tempting recipes that take advantage of fresh produce, whole grains, lean proteins, and natural sweeteners—plus vivid flavors and seasonal simplicity at the forefront. Sara Forte is a food-loving, wellness-craving veggie enthusiast who relishes sharing a wholesome meal with friends and family. The Sprouted Kitchen features 100 of her most mouthwatering recipes. Richly illustrated by her photographer husband, Hugh Forte, this bright, vivid book celebrates the simple beauty of seasonal foods with original recipes—plus a few favorites from her popular Sprouted Kitchen food blog tossed in for good measure. The collection features tasty snacks on the go like Granola Protein Bars, gluten-free brunch options like Cornmeal Cakes with Cherry Compote, dinner party dishes like Seared Scallops on Black Quinoa with Pomegranate Gastrique, “meaty” vegetarian meals like Beer Bean and Cotija-Stuffed Poblanos, and sweet treats like Cocoa Hazelnut Cupcakes. From breakfast to dinner, snack time to happy hour, The Sprouted Kitchen will help you sneak a bit of delicious indulgence in among the vegetables.

## Book Information

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## Customer Reviews

Featured Recipes from The Sprouted Kitchen Download the recipe for Moroccan Stuffed Squash  
Download the recipe for Seared Scallops on Black Quinoa with Pomegranate Gastrique

Sara’s recipes are to be shared and savored. Nutritious, hearty, and relaxed, this

book is filled with attractive food and beautiful photographs. Love it all around. Aran Goyoaga, creator of Cannelle et Vanille and author of *A Small Plates and Sweet Treats* “The minute I landed on the Sprouted Kitchen website years ago, I knew I’d stumbled on a kindred spirit. Everything I loved about the site extends itself beautifully into this cookbook—the vibrant focus on whole foods, the enticing photography, the inspired ingredient combinations, and Sara’s approachable voice. I imagine this book being a welcome addition in many, many kitchens.” Heidi Swanson, author of *A Super Natural Every Day* “We all aspire to eat healthfully, but sometimes those good intentions are foiled by hard-to-source ingredients, restrictive fad diets, and other road-blocks. Sara Forte’s simple yet inventive recipes and straightforward approach to good, clean cooking are a breath of fresh air. From buckwheat tarts to nori popcorn, crispy avocado wedges to sesame date yogurt cups, I can’t wait to get cooking.” Luisa Weiss, creator of *The Wednesday Chef* and author of *My Berlin Kitchen* “From gastriques to grape salsas and collard wraps to lassis, The Sprouted Kitchen proves that eating whole foods can be nutritious, approachable, and interesting. Sara and Hugh are my kitchen kin as they cook and shoot seasonally based, California-focused cuisine in a contemporary and smart manner. This book is a guide for the conscientious eater with creative yet doable ways to cook ethically, practically, and most importantly deliciously.” Aida Mollenkamp, host of *Ask Aida* and *FoodCrafters*

Though I procrastinate when cooking and rarely cook from a book...I admit I like doing my own thing when creating a meal....I actually love this book! I'm quite discerning when purchasing my cookbooks, and this one is top-notch. There are many beautiful pictures (something important to me), I like it's layout, and the processes don't seem time-consuming and are relatively simple to carry out. I plan to also purchase one for my friend who has wanted one for quite some time.

The Sprouted Kitchen is an excellent cookbook if you are looking to introduce yourself to a healthy way of eating. I have only made the granola bars from the cookbook, very pleased with the results. Many other granola bars I have made feel apart when cutting, but Sara's granola bars are spot on. After the cooled, I cut and placed in the freezer. Sara walks you through a little story about each of her recipes and her husband's photography is vivid and amazing. Love the cookbook.

I am so interested in clean and healthy eating. I know how to do it. This book helps, though. Rather

than printing recipes from a million blogs I have a source of recipes that we love. Great photos and easy clear instructions make this book a winner for me!

I originally checked this book out at my library to see if it was worth it. I found myself tagging most of the recipes that I wanted to try, so I ended up just buying the book. The photos are nice and the layout/design is very clean - making it very easy to pick up where you left off. Our family has enjoyed everything that I've cooked from this. Definitely a keeper.

One of my favorite cookbooks, I give it as a gift all the time.

I consider myself a pretty good cook, and I cook a lot. I am in love with this book! It's creative, and I find myself coming up with delicious meals based around Sarah's ideas. Which simply means the book is incredibly useful, even if you don't make exactly the recipe specified. She's a gifted young trained cook who seems to know her food, and is a sweet and open teacher. The tips and suggestions are thoughtful and right on target. Simply great ideas for all kinds of dining needs. I knew nothing about the blog, and I'm so very glad I bought the book. Don't think twice about this one - it's a winner!

This is a fantastic cookbook. I was excited to give this stunning cookbook as a gift to a friend after I gave it a trial run. The pictures are stunning--mouthwatering, really. And the overall texture/feel of the book is high quality. I follow her blog and really enjoy her unique recipes. Definitely check out her work. This book makes a great gift!

Such a lovely book! The artistry of the photos by Hugh and the recipes and humorous asides by Sara make it a fun read besides following the easy-to-do recipes. I bought many of these as Christmas gifts for the budding cooks on my list. Bravo to Sara and Hugh!

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