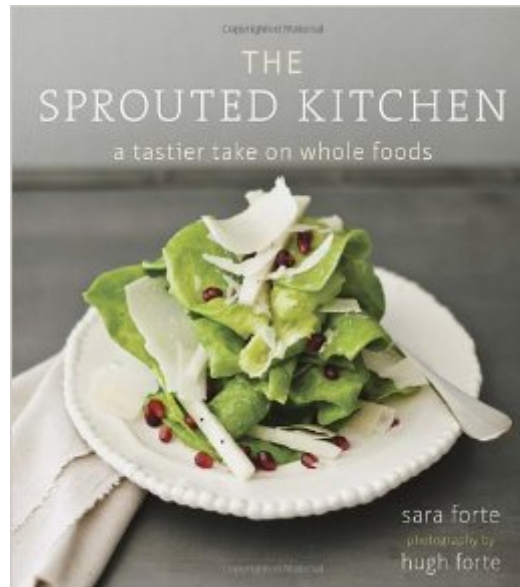


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# The Sprouted Kitchen: A Tastier Take On Whole Foods



## Synopsis

Sprouted Kitchen food blogger Sara Forte showcases 100 tempting recipes that take advantage of fresh produce, whole grains, lean proteins, and natural sweeteners "with 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

This cookbook is great! I love the idea of a whole foods diet. I am a vegetarian and this cookbook is totally for me! I think out of all the recipes that maybe 5 are chicken or fish. 95% of the recipes are vegetarian and many of them can be made vegan by replacing dairy products or omitting cheeses. This is one of the greatest cookbooks I have purchased in a long time. LOVE IT!

I've been keeping up on the Sprouted Kitchen blog, and I'm a little hesitant when bloggers write books. But this one was great! There's quite a bit of upfront in the book where it goes over cooking basics, ingredient information, etc., so it takes a bit to get to the recipes. But when you do - oh my are they delicious! The photos are beautiful, and the recipes are great! So far we've tried 2 appetizers, a salad, three main courses, and a dessert..and everything was amazing! I own another bloggers cookbook and I've found a few typos in it (tsps vs tbsps seems to be an issue sometimes), but every recipe I've tried here seems to be well-tested and double-checked. Love it and can't wait to keep cooking out of it. I definitely think this will stick around as a go to cookbook for me, just like Heidi Swanson's Super Natural Everyday. Love them both!

I am not a cook. I made it 32 years without having to learn how to cook for myself or my family. I went from Mom's food, to dorm food, to my husband's delicious food. Lazy? Perhaps. I prefer resourceful. Now that my two daughters are both eating big-people food, I decided to make it a priority to be able to create healthy food for them myself. And I suppose to give my husband a night off once in awhile.I chose this book as the first cookbook for myself because it's pretty. Really. The cover is soothing and healthy looking and says, "Come, cook with me. We'll listen to Diana Krall on rainy days and discuss eastern philosophy together." But really, the photos are stunning. They certainly take the book to a higher level than simply including the recipes. Also, it's important to me that my family eats whole, "real" food, and this seemed to fit the bill.Speaking of recipes, I suppose they are a detail worth glossing over. Being a novice, I was a little intimidated to purchase a book not geared specifically for beginners, or including the word "idiots" in the title. However, after thumbing through several pages, I was relieved to see that these recipes do not look complicated. They will be good to practice with. Also, it appears easy to come up with a good substitution for things that I don't care for (i.e., rice or quinoa for millet).Obviously, I am very happy with this book. I look forward to learning with it and creating healthy meals for my children, my husband, and myself to enjoy for a long time.UPDATE: It has been suggested that I perhaps should have waited to review this book until after making some of the recipes. I am pleased to say that at this point I have successfully prepared several of these dishes! They are user friendly and I did not need to go out and buy several fancy new appliances for them. My favorites are the pumpkin pecan granola, honey almond butter, and grilled flatbread!

I just read through this cookbook and am in disbelief that it claims to be "whole food" cooking. If you

are a part of the real food movement, this book is not for you. It assumes way outdated nutritional misinformation which was propagated by bad science in the first place (denigrating red-meat, saturated fat and making recipes "low-fat," using fragile unsaturated fats for high-temp cooking, using low-quality store bought vegetable stock, etc). The reason why so many of the reviews say that the recipes are bland and underwhelming is probably because she doesn't call for enough fats or the right fats and calls for low-quality store-bought stock in many of her recipes instead of homemade meat or bone broth. I also find it extremely ironic that it is called "The Sprouted Kitchen," and yet I didn't see one recipe that called for any sprouted nuts, grains, seeds, or legumes. Also, most of the recipes are really intricate and involved and not time-friendly. This one's going to Goodwill.

I have only made about 4 recipes from this book and found discrepancies with 3 of the 4... way too much water added to a dressing, a grain not cooked long enough, weird aftertaste from one of the salads, and each recipe just lacked a little something. There are beautiful pictures making the food look absolutely delicious, but unfortunately a less than appetizing outcome. At the very least it is lovely to look through, but for me the book will either collect dust or I will give it to someone more appreciative... Overall I would recommend trying a couple of recipes from her blog first to see if her food is to your liking.

I was excited to begin working through this cookbook, because the recipes seemed so flavorful and interesting. However, the end product has been disappointing nearly every time. I've made several recipes so far from each section of the book, and even the desserts, which seemed to have so much potential, had subpar flavors and textures. Everything I've made was edible, but I wouldn't choose to make any of it again. There were no major disasters, just a lot of mediocre food. Some people may be willing to take the many good ideas in this book and play with seasonings and textures to make great food. I prefer to get creative with recipes I know will be great as written, and there don't seem to be any of those here. However, the instructions are generally clear and the ingredient lists fairly manageable, even for those of us stuck with small urban grocery stores. The book is set up well and the pictures are very nice. The author also provides a lot of commentary about adjustments that can be made or interesting pairings with other recipes from the book. Overall, this is a cookbook with great ideas poorly executed. There are many wonderful cookbooks available and this one just isn't worth the money or the space on your bookshelf.

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