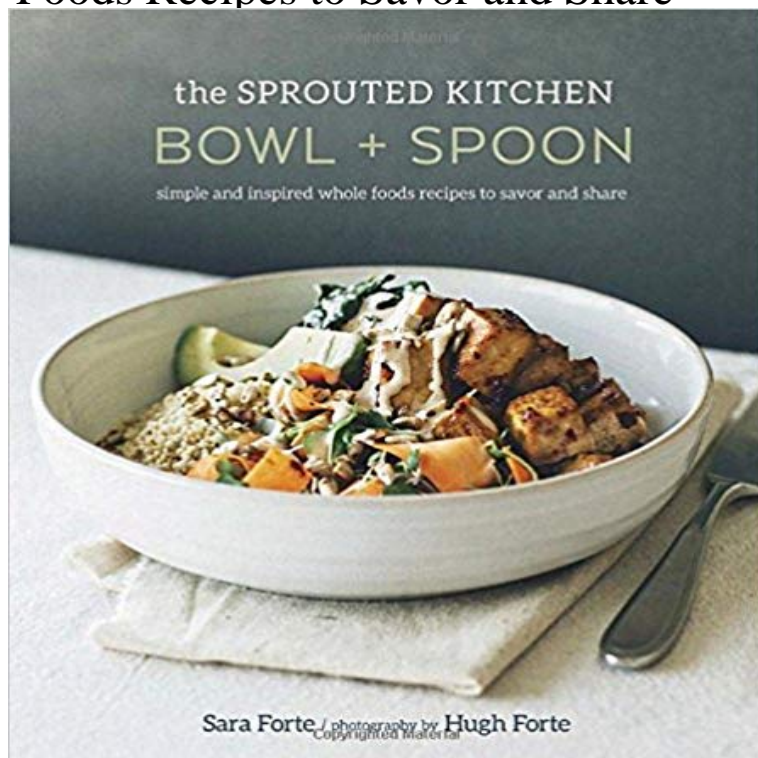


# The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share



In this follow-up to her successful first book, *The Sprouted Kitchen*, blogger and author Sara Forte turns her attention to bowl food, which combines vegetables, whole grains, and lean proteins in one vessel to make a simple, complete, and nutritious meal. The bowl is a perfect vessel in which to create simple, delicious, and healthy meals. When gathered together in a single dish, lean proteins, greens, vegetables, and whole grains nestle against each other in a unique marriage of flavor and texture. This is how Sara Forte, beloved food blogger and author of the James Beard Award-nominated book *The Sprouted Kitchen*, cooks every day creating sumptuous recipes colorful enough to serve guests, simple enough to eat with a spoon while sitting on the couch, and in amounts plentiful enough to have easy leftovers for lunch the next day. In this visually stunning collection that reflects a new and healthier approach to quick and easy cooking, Sara offers delicious, produce-forward recipes for every meal, such as Golden Quinoa and Butternut Breakfast Bowl; Spring Noodles with Artichokes, Pecorino, and Charred Lemons; Turkey Meatballs in Tomato Sauce; and Cocoa Nib Pavlovas with Mixed Berries.

Buy the Hardcover Book *The Sprouted Kitchen Bowl And Spoon* by Sara Forte. Simple And Inspired Whole Foods Recipes To Savor And Share. Find product information, ratings and reviews for *Sprouted Kitchen Bowl + Spoon : Simple and Inspired Whole Foods Recipes to Savor and Share (Hardcover)* by Sara Forte (2015-03-31) [Sara Forte, Hugh Forte] on Editorial Reviews. We love that Sara's recipes are always focused on real food. *The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share - Kindle edition* by Sara Forte, Hugh Forte. Sara Forte is a food-loving, wellness-craving veggie enthusiast who relishes sharing a mouth-watering recipe. *The Sprouted Kitchen* features her healthy, mouth-watering recipes. *The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share* by Sara Forte, Hugh Forte. ISBN: 9781607746553. *The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share* is Sara Forte's second cookbook with her husband, Hugh Forte. Buy *The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share* by Sara Forte, Hugh Forte (ISBN: - 30 sec - Uploaded by Cook Books). Find helpful customer reviews and review ratings for *The Sprouted Kitchen*

Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share at The Hardcover of the The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share by Sara Forte, Amazon?????The Sprouted Kitchen Bowl and Spoon: Simple and Inspired Whole Foods Recipes to Savor and Share?????????Amazon??