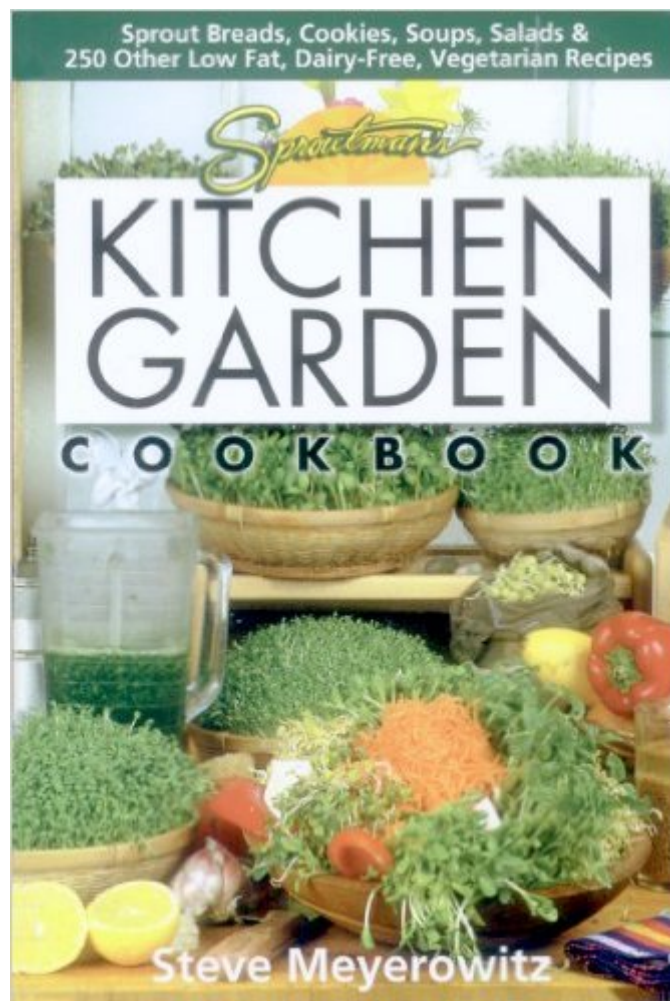


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# Sproutman's Kitchen Garden Cookbook: 250 Flourless, Dairyless, Low Temperature, Low Fat, Low Salt, Living Food Vegetarian Recipes



## Synopsis

Turn nuts, vegetable seeds, grains, and beans into gourmet food. Includes recipes for sprout breads, cookies, crackers, soups, pizza, bagels, dressings, dips, spreads, sautes, nondairy milks, and ice-creams. Also food dehydrating, juicing, natural sodas, and foods glossary.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (46 customer reviews)

Best Sellers Rank: #184,785 in Books (See Top 100 in Books) #1 in [Books > Crafts, Hobbies & Home > Gardening & Landscape Design > By Climate > Colder Climates](#) #91 in [Books > Cookbooks, Food & Wine > Cooking Methods > Raw](#) #117 in [Books > Cookbooks, Food & Wine > Cooking Methods > Organic](#)

## Customer Reviews

I guess I'm not the typical reviewer here - I am interested in healthy eating, but without the context of a major life change for myself and my family of five... I'd like to find new ways to eat well, without undermining our entire familiar (mostly vegetarian, mostly well-balanced) diet. Let's start with what this book IS: an excellent guide to using all types of sprouts, and to which types are good for which occasions - baking, stir-frying, salads, etc. It's also a rather overt advertisement for "Sproutman's" own website and sprouting tools (sprout bag, greenhouse, seeds, etc); fair enough. The book is full of interesting, simple recipes and ideas for using sprouts either raw or with low temp cooking to get the most nutrition out of every green, crunchy bite. He's also thrown in a bunch of related nutrition stuff - non-sprout items like vegan ice creams and helpful alternatives to salt and other seasonings. Still, I found that most of the recipes were impractical for family cooking. If two cups of sprouted wheat make a single small loaf or several crackers or cookies, it doesn't take long to realize I'm going to need wheat berries bursting out of every corner of my tiny kitchen in order to create one meal for the five of us. And that's just bread! To create enough sprouts for us to eat a single salad, a single stir-fry, a single helping of sprouted nuts... well, we're probably going to need

to renovate other areas of the house to accommodate all the grow-bags or baskets. Also, many of the recipes are just variants on previous recipes.

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