

## Bowls Of Goodness Vibrant Vegetarian Recipes Full Of Nourishment

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"Nina Olsson's Bowls of Goodness is vegetarian food at its finest. We love the Moroccan-inspired harissa, cauliflower and carrot salad that's perfect for spring." [Food & Travel, March 2017](#) [Bowls of Goodness is a cookbook celebrating real ingredients, prepared in original ways, all served in one of the most gratifying of vessels.](#)

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Inspired by home cooking and ingredients from around the world, Nina Olsson's eclectic mix of recipes--which are all vegetarian, and often vegan and gluten-free too--are based on her hugely popular blog, [nourishatelier.com](#), and showcase plant based bowl food at its best. They include such indulgent and delectable dishes as Cosmic Green Smoothie, Loyal Lentil Chili, Laksa Lux Bowl, Watermelon Poke Bowl, and Almond-filled Dumplings in Blackberry Sauce. From smoothies and salads to noodles and ...

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This is wholesome vegetarian food at its best, inspired by cooking from around the world. It captures many of the ongoing culinary trends today - home-cooked comfort meals, plant-based recipes, power bowls, sharing dishes, salads, smoothies and porridges - foods that can all be served in a bowl.

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from [Bowls of Goodness: Vibrant Vegetarian Recipes Full of Nourishment](#) [Bowls of Goodness](#) by Nina Olsson Categories: Breakfast / brunch; Vegan; Vegetarian Ingredients: quinoa; brown mushrooms; spring onions; chilli flakes; rolled oats; pumpkin seeds; sesame seeds; almonds; pine nuts; thyme; cherry tomatoes; baby kale

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[Bowls of Goodness](#) is an unusual book, in the good sense. There are excellent plant-based meals which are pretty simple to make. During this shut-in era, I enjoyed making over 9 recipies so far. The smells are amazing, when one combines the vegetarian bases & various seasonings.

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