



Thrive Energy Cookbook: 150 Plant-Based Whole Food Recipes

Brendan Brazier

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Packed with 150 plant-based, nutrient-dense, whole food recipes developed within the Thrive nutritional philosophy, *Thrive Energy Cookbook* brings concepts that started the functional, plant-based nutrition revolution to life. Recipes are all vegan and allergen-free (or with gluten-free options) to eliminate wheat, yeast, gluten, soy, refined sugar, and dairy from your diet.

Easy-to-make and performance-enhancing, these chef-created recipes merge purpose driven functionality (every ingredient has a nutritional purpose) with mouth-watering appeal. From the alkaline-forming, plant protein-packed Vanilla-Almond-Mocha Motivator Smoothie to Roasted Red Pepper & Sweet Potato Soup, Thai Green Curry Rice Bowl, and desserts such as Raspberry Chocolate Pomegranate Tart, *Thrive Energy Cookbook* will have you quickly preparing nutrient-packed and delicious dishes.

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