



# Kenko Kitchen: Simple Sugar-free, Gluten-Free, Vegan Recipes

*Kate Bradley*

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We all know that we should be eating more vegetables and wholefoods, but how do we incorporate healthier choices into our busy everyday lives? In Kenko Kitchen, Kate Bradley shares a range of healthy and delicious foods that are easy to prepare, with ingredients available from the local store. Featuring a host of vegan recipes that are also gluten and sugar-free for those with fructose and gluten intolerances, and delicious raw food, detoxifying and macrobiotic recipes, Kenko Kitchen is perfect for everyone from whole foods newcomers to long-time whole foods devotees, health conscious food-lovers, vegans, and those with dietary intolerances.

Think moorish and nourishing breakfast options such as granolas, porridges and homemade vegan yogurts; light-but-filling lunch options such as roasted vegetable salad with cashew 'goats' cheese and walnuts; divine dinners such as garlic and kelp king oyster 'scallops' with fettuccine and rocket, as well as a host of classic comfort foods with a healthy twist; and sweet treats such as ginger, almond and date biscuits or chocolate molten puddings.

Featuring stunning photography throughout, Kenko Kitchen will show you just how quick and easy it is to whip up mouth-watering and wholesome vegetarian fare that will leave you feeling incredible inside and out.



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