



Dr. Susan's Healthy Vegetarian Recipes

Susan M. Lark M.D.

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Susan Lark, M.D. is one of the most acclaimed medical doctors in the field of alternative and nutritional medicine with nearly 900,000 followers on Facebook Dr. Susan has created the ultimate vegetarian cookbook for you to enjoy!

Dr. Susan's Healthy Vegetarian Recipes contains 114 of the most delectable whole food vegetarian recipes that taste great and are quick and easy to prepare. Her recipes are very healthy, full of essential nutrients and will greatly benefit your health and wellness!

Dr. Susan became interested in vegetarian cooking early in her career as a medical doctor specializing in alternative medicine. She found in her research that a vegetarian diet provides great health benefits and has created many delicious recipes that she shares with you in her book.

You will love her recipes whether you choose to follow a strictly vegetarian dietary program or also eat a moderate amount of meat-based protein. All of her recipes contain many essential vitamins, minerals and antioxidants. They are also high in fiber and lower in fat, providing you with great health benefits as well as unsurpassed flavor.

She has divided her book into two sections. In Part I, Dr. Susan has included important information on the health and nutritional benefits of the main types of foods that she has used in creating her scrumptious vegetarian recipes. All of the recipes in this book are based on using the highest quality, most nutritious ingredients. These include fresh fruits, vegetables, whole grains, legumes, eggs, seeds and nuts, culinary oils and healthy sweeteners.

Each recipe contains a unique combination of ingredients that will support your health, resistance to illness, optimal weight, abundant energy, sports performance and vitality on the job. They will also help you maintain a balanced mood, strong immunity, glowing skin and hormonal health.

Part II contains 114 incredibly delicious vegetarian recipes that are divided into sections on breakfast recipes as well as recipes for lunch and dinner. You will enjoy the wonderful array of breakfast dishes that she has created for you including smoothies, scrambled eggs and omelettes, cereals, bagels, french toast and pancakes. Dr. Susan has also included her delectable recipes for muffins and coffee cakes. In the lunch and dinner section she shares with you her healthy vegetarian recipes for soups, salads, side dishes, main dishes and many scrumptious deserts!

You will love the dozens of beautiful color pictures throughout the book of the finished recipes that will help you in your preparation. You will find that Dr. Susan's delicious vegetarian recipes easy to follow and easy to make. Most of all you enjoy the wonderful flavor and texture of these delicious vegetarian meals!

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