



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

*Steve Meyerowitz, Beth Robbins*

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Turn nuts, vegetable seeds, grains and beans into gourmet food! Sprouted breads, cookies, crackers, living soups, dressings, dips, spreads, sautes, alternative non-dairy milks, ice-creams, even sprouted pizza and bagels! Chapters on making sprout bread, food dehydrating, juicing, natural sodas, alternatives to dairy and salt, smart vegetarianism. Glossary of healthy foods. Includes Questions and Answers and seed resources. Over 150 illustrations, photos & Charts.

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