

The Ranch at Live Oak Cookbook Delicious Dishes from Californias Legendary Wellness Spa



BOOK DETAILS

- Author : Alex Glasscock
- Pages : 224 Pages
- Publisher : Rizzoli
- Language : English
- ISBN : 0847844854

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BOOK SYNOPSIS

The secrets behind the delicious vegetarian cuisine of one of the worlds greatest spas. You come to The Ranch at Live Oak for transformation. Nestled high in the hills of Malibu, California, this spa is consistently ranked among the best in the world because of its unique combination of luxury and rejuvenation. Through intensive physical exercise complemented by wholesome vegetarian meals that detoxify while they restore the body, guests come away with changed lives, their well-being achieving an unprecedented height. Now, anyone can reap the benefits of The Ranchs legendary program through this cookbook that reveals the secrets behind its deceptively delicious food. The cuisine centres around foods that are low in gluten, sugar-free, and anti-inflammatory. The objective is to pack nutritional density as well as amazing flavour into every bite. Carefully developed and honed over the years by a team of professional chefs, nutritionists, fitness experts, and gardeners, the recipes are easy to reproduce at home: Purple Carrot Soup, Kale and Chickpea Salad, Cauliflower Tabbouleh, Pumpkin "Meatloaf" with Mushroom Gravy, and Chai Poached Pears. The opposite of a quick-fix diet, this cookbook helps you create a way of eating that can be sustained in everyday life, to live like they do on The Ranch.

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