



## Cooking from the Spirit

### Easy, Delicious, and Joyful Plant-Based Inspirations

Tabitha Brown, the #1 New York Times bestselling author of *Feeding the Soul*, presents her first cookbook--full of easy, family-friendly vegan recipes and stories from the spirit, inspired by her health journey and love of delicious food. After experiencing chronic pain, Tabitha Brown, along with her family, tried a 30-day vegan challenge inspired by the documentary *What the Health*. With the change in diet healing her of the pain, Tabitha remained on the vegan path and began sharing her favorite plant-based recipes in her signature warm voice to thousands and now millions of online fans. Since then, she has become a Target brand ambassador, created her own spice blend for McCormick, joined the cast of Showtime's *The Chi*, written a #1 New York Times bestselling book of inspirational self-help, and much more. Tabitha's recipes are flexible and creative, interspersed with encouragements to cook how you want to cook and to trust yourself to adjust things the way you like them. They're great for taking the training wheels off your cooking, learning how to get comfortable in the kitchen and, most important, to having fun doing it! Her belief in her audience, that they know how to cook best for themselves, shines through in her nonjudgmental approach to recipes and veganism as a whole. Among the delicious recipes featured in this book: Yam Halves Topped with Maple Cinnamon Pecan Glaze Stuffed Avocado Jackfruit Pot Roast Crab-less Cakes Massaged Kale and Raspberry Salad Lazy Peach Cobbler. *Cooking from the Spirit* isn't just for vegans; it's for anyone interested in plant-based eating and all lovers of food, plus the legion of Tabitha Brown fans who want to invite her cooking and warm inspiration into their lives. As she tells readers, "Honey, now let's go on and get to cooking from the spirit. Yes? Very good!" (9780063080324)

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[Tabitha Brown](http://www.tabithabrown.com)

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