



The PlantPure Nation Cookbook: The Official Companion Cookbook to the Breakthrough Film...with over 150 Plant-Based Recipes

Kim Campbell

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A revolution has begun...

From a creative team that includes the producer and writer of *Forks Over Knives*, the documentary film *PlantPure Nation* captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, *The PlantPure Nation Cookbook* brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet.

Author Kim Campbell is the wife of *PlantPure Nation* Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of *The China Study* and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In *PlantPure Nation Cookbook*, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as:

Buffalo Beans and Greens
No-Bake Chocolate Pumpkin Pie
Spinach Lasagna
Green Pepper Tofu Scramble
Reuben Casserole

With a foreword by Dr. Campbell, *The PlantPure Nation Cookbook* is also filled with tips, tricks, and grocery lists for people interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from *PlantPure Nation* film, this companion cookbook is a must-have for stimulating healthful eating in your home.

Join the revolution to jumpstart your health!

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