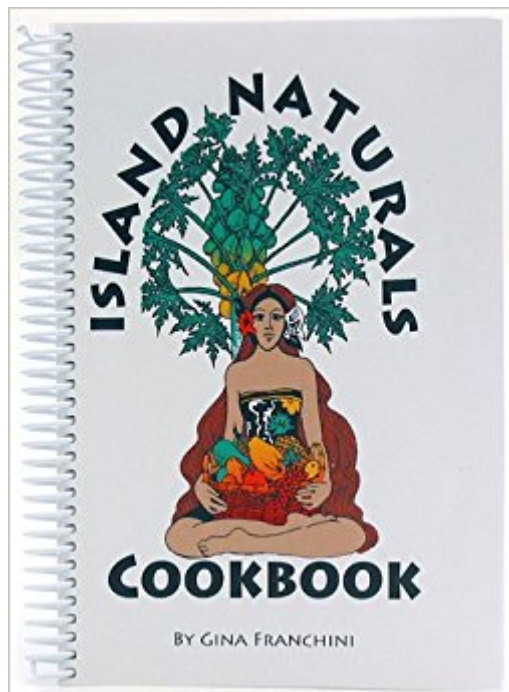


The book was found

Island Naturals Cookbook



Synopsis

Island Naturals Cookbook offers over 100 recipes for your favorite dishes, including our signature lasagna and carrot cake and everything in between. You will find a wide range of culinary influences including Hawaiian specialties, Asian cuisine and Mexican favorites. There are dozens of scrumptious recipes to satisfy every palate and food philosophy, including vegetarian and vegan options, raw foods, gluten-free cuisine, meat and fish dishes, desserts and more. The clear, concise recipes make every dish a success. The wholesome ingredients ensure a healthy diet. Prepare your favorite award winning recipes at home from Hawaii's favorite health food store! You will find yourself inspired in the kitchen!

Book Information

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Customer Reviews

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The recipes are great. This little cookbook has character. You'll love some or all of the recipes, so here's wishing you bon appetite.

One of my favorite places to eat on the Big Island is Island Natural's Market and Deli. It offers a wonderful, wide variety of foods from vegan, vegetarian and entrees for meat-lovers, too! Now they have a fabulous cookbook that includes so many delicious recipes that I can now make at home. The cookbook index makes it easy to find vegan recipes and is simple to use. Many feature delicious fresh Hawaiian ingredients. This cookbook will definitely help me to start the New Year eating healthy and delicious foods! Makes a great gift for family & friends who love Hawaii, too!

I was lucky enough to work next door to Island Naturals in Hilo, Hawaii and ate lunch there everyday. The food was delicious, nutritious and made with really fresh and healthy ingredients. I've since moved and one of the things I miss the most is eating (and shopping) at Island Naturals. I just received my cookbook and it is well written, easy to follow and everything I've made so far has tasted just like it did at Island Naturals. Even if you've never been lucky enough to visit any of the Island Naturals stores, pick up a copy and it will be just like being there.

Island Naturals is an organic food grocery on the Island of Hawaii. They also have a hot table and a salad bar that served superior delicacies of natural delight... and they are always loaded with herbs and spices that give them a certain je ne se quois. Gina Francini has taken the delightful recipes of Island Naturals and collated them into a fine book. Health and happiness are the certain results of cooking with this book!

This cookbook is full of delicious food for both vegetarians and vegans (which I am) but does not leave out omnivores. The hardest thing about this cookbook is deciding what to make first! Also, the little illustrations throughout are very charming.

You have to try the Carrot cake! Unbelievable and vegan to boot. I love the food at Island Naturals and the recipes I have tried in this book are true to their style and flavor. How awesome to be able to make these great dishes at home.

This book is not only totally adorable but the recipes are amazing! Now that I'm on the main land its the only way I can keep all my favorite island foods in rotation. Love the healthy alternatives to traditional recipes!

This cookbook contains recipes that utilize Hawaii's local resources and yet can be created anywhere. The resources here are good for individuals, families and larger communities. Eat well and do well.

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