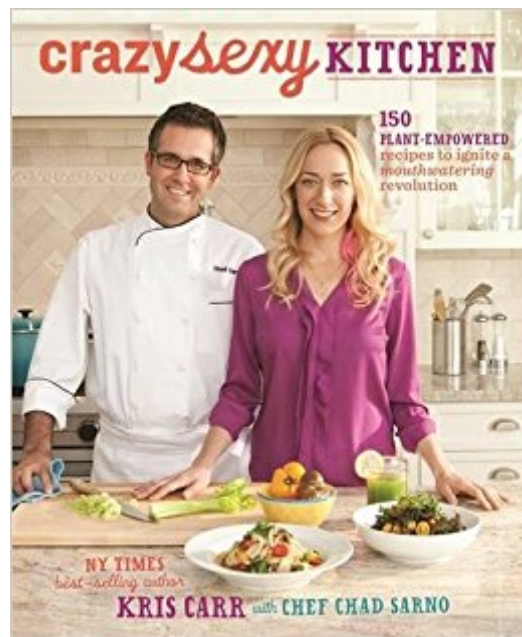




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# Crazy Sexy Kitchen: 150 Plant-Empowered Recipes To Ignite A Mouthwatering Revolution



## Synopsis

~ ~ ~ ~ ~ In Crazy Sexy Kitchen, the woman who made prevention hot is now making it delicious! In her new book, New York Times best-selling author Kris Carr gives us a Veggie Manifesto for gourmands and novices alike, and it's filled with inspiration, education, and cooking tips—plus more than 150 nourishing, nosh-worthy recipes. Infused with her signature humor, style, and wit, Crazy Sexy Kitchen redefines the kitchen as headquarters for a wellness revolution. You'll soon come to see that the goodness born in your kitchen will reach deep into the rest of your life—enriching your health, your home, your heart, and the planet. ~ ~ ~ ~ ~ Crazy Sexy Kitchen gives you all the tools and know-how you need to adopt a joyful and vibrant plant-powered lifestyle that harmonizes your beautiful body at the cellular level. It's a celebratory way of living that's deeply connected, healthy, awake, and engaged. ~ ~ ~ ~ ~ Like a long, luxurious meal, Crazy Sexy Kitchen is laid out in courses. You'll start with a detailed review of what makes up a Crazy Sexy Diet. Next you'll learn how to stock your culinary arsenal with the best kitchen tools and equipment. Kris will also prep you with basic cooking skills and lingo. Then you can jump full force into delectable recipes that will fill your belly from morning to night. Handy symbols, like gluten-free, soy-free, kid-friendly, and, for the time pressed, Crazy Sexy Quickies, help you easily identify the recipes that are perfect for your dietary and lifestyle needs. Not sure how to put a whole meal together? No problem. Crazy Sexy Kitchen covers that, too—with a hearty dose of menu plans and recipes to inspire and delight. ~ ~ ~ ~ ~ Joined by celebrated Whole Foods chef Chad Sarno, Crazy Sexy Kitchen offers mouthwatering recipes designed to nourish the body while impressing your nearest and dearest! From juicing to planning a festive three-course meal, Crazy Sexy Kitchen has all the essentials to fill your kitchen (and life!) with health, happiness, family, friends, and good times.

## Book Information

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## Customer Reviews

Kris Carr titillatingly turns a supermarket into a pharmacy. -- Dr Mehmet Oz I recommend Kris to you in the highest possible terms ... She is a fresh, authentic, and empowering voice. -- Marianne Williamson bestselling author of *The Age of Miracles* and *A Return to Love* Kris Carr's riveting journey started a revolution... -- Oprah Winfrey Kris is the ray of light that is needed to raise awareness... a true leader of courage and inspiration. -- Donna Karan Kris Carr is a tireless advocate for health and she'll be your coach, confidant and companion. -- Neal Barnard, MD I love Kris, she glows. It's not just because of what she's done, which is extraordinary, it's who she is. -- Dean Ornish, MD

Kris Carr is a multi-week New York Times best-selling author and health advocate. She is the subject and director of the documentary *Crazy Sexy Cancer*, which aired on TLC and OWN: The Oprah Winfrey Network. Kris is also the author of the groundbreaking *Crazy Sexy Cancer* book series. Kris regularly lectures at medical schools, hospitals, corporations such as Whole Foods, and Harvard University. TV appearances include the Today show, Good Morning America, CBS Evening News, The Early Show, The Revolution, The Gayle King Show, and The Oprah Winfrey Show. As an irreverent foot soldier in the fight against disease, Kris inspires people to take charge of their health and happiness by adopting a plant-based diet, improving lifestyle practices, and learning to live and love with passion. Visit: [kriscarr.com](http://kriscarr.com) Chad Sarno is a culinary educator, chef, consultant, and presenter. He has been bringing his approach to healthy cuisine to some of the world's premier health-focused restaurants, resorts, film sets, and healing spas. Through the marriage of clean food and culinary education, Chad continues to share his passion for helping others achieve their health goals, starting in the kitchen, one bite at a time. For more information on Chad's portfolio and services, visit [www.chadsarno.com](http://www.chadsarno.com).

*Crazy Sexy Kitchen* is a gorgeous book simply packed with information. The recipes are well written and the photography beautiful. I am familiar with some of the chefs, having been educated at the Natural Epicurean in Austin, which is where the headquarters of Whole Foods is located at. As a trained chef, I think these are fabulous recipes that will be amazing. I plan to cook my way through the book (as soon as I break down and buy a dehydrator for some of the recipes that is). My

daughter had just asked how I would make a vegan clam chowder, and the recipe in this book is even better than what I came up with. I am also a cancer survivor, so have a very real interest in eating for better health. The sections on Lifestyle and Philosophy, Preparation, and Kitchen Know-How that are in front of the 150 recipes give the reader an excellent natural foods education in themselves. The layout, font, design, and photography is gorgeous. I am very familiar with standard annotations to recipes, GF for Gluten-Free, V for Vegan, etc. but I had to go find the index to figure out what a '1 GF SF KF Q' designation was for example. Once you see what all the abbreviations mean, it is easy to remember them however. So for a natural foods chef, or a chef that wants to learn more about natural foods cooking, this is a fabulous resource. So many books on 'healthy cooking' including some from the Culinary Institute of America seem to think that means cutting down on salt and fat, but leaving in the white flour, sugar, and all the rest. If you are a dedicated and fearless cook, this is also a fabulous resource. My only concern is that 'normal' people who work all day, run their kids around, and have to get dinner on the table fast that everyone will eat might be frustrated. You really do need something like a Vitamix to do a lot of smoothies. A spiralizer is very helpful for things like the raw zucchini pasta, and a dehydrator is necessary for the Kale chips. Many of the ingredients will not be familiar to a large number of people, for example the seaweeds. Access to a great grocery store is also a must, so that you can find the special ingredients as well as a large number of organics. There are still many towns where a really good natural foods store is lacking. As with many really great recipes, there are layers of flavor that result from sauces, vegan cheeses, and vegan nut milks that must be made. I would really love to see a similar book with many more recipes that people could easily make who don't even like to cook, but want to be healthy. A recent article on Mercola.com raised issues that too much iron might be linked to alzheimers. This book says it is the healthiest cookware....also many men have a disease where their body already produce too much iron, as I sat next to them in chemo. So I recommend Le Creuset, which we used at cooking school. It is enameled cast iron, so you get the heat distribution of cast iron, and amazing slow cooked foods, while getting the health benefits and rust protection of the enamel glaze.

I love Kris, read her blog and loved her other books. Her personality, creativity and attitude always inspire me. I ordered this book as soon as it came out, but as soon as it arrived and I flipped through it, I was disappointed. Seriously? All these chef recipes put me off. I'm an expert cook, a long-time vegetarian and no stranger to health food stores and curious ingredients. But even so, I knew these recipes would be once-in-a-while special occasion meals, not everyday working kitchen staples.

Fortunately, I do not have a chronic illness, but I can hardly imagine someone who isn't feeling well tackling these ambitious production recipes! What I was hoping for were healthful recipes that could be used everyday. For a comparison, I often cook from "Cooking Cancer in the Kitchen" by Ramke and Scott. It comes from the same nutritional and philosophical approach as Carr, but the recipes are MUCH simpler and do-able for people who are busy, or coping with chronic health issues. Perhaps Kris's next cookbook can focus on simpler, everyday recipes. This book, however, I returned.

Great Book, well written and laid out and has Kris's great energy and personality laced thru it. Being a Breast Cancer Survivor of 10 years now this sort of info is great to have and is great for people just trying to take good care of themselves. Worth the purchase and the read.

I love the recipes in this book! Ive been making something different everyday!

I

I loved this book as an addition to Kris Carr's Crazy Sexy Diet book. The recipes are clear, aren't too hard to make and love all the photos. It's also got lots of info about tools of the trade & ingredients, so it would be great for a beginner also. If you are looking for a yummy plant based cookbook, this is a great one.

Kris Carr has an amazing story and just as an amazing cookbook. lots of healthy tips and suggestions in the book as well as lots of great tasting recipes. you wont be disappointed in this purchase.

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