



# Vegetarian Comfort Foods: The Happy Healthy Gut Guide to Delicious Plant-Based Cooking

*Jennifer Browne*

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The Happy Healthy Gut Guide to Delicious Plant-Based Cooking

**More than seventy-five recipes to nourish your body and soul**

Food is the mind and body's single-most important form of nourishment. Our bodies' capacity for growth and repair directly correlates to the fuel we put into it, and food is that fuel. By eating mindfully, we can not only steer the course of our health to reach its peak, but enjoy the ride along the way.

After a decade-long struggle with IBS, Jennifer Brown discovered that the path to health is no further than the walk to the refrigerator. *Vegetarian Comfort Foods* couples the healing power of whole, plant-based, mindfully-chosen food with creative recipes to please our palates and diminish our ailments. Starting with the necessary kitchen tools, pantry prerequisites, and cleansing instructions, the foundation is set for more than seventy-five recipes, such as:

Berry-Rhubarb Smoothie  
Banana Walnut Pancakes  
Roasted Squash with Apple and Eggplant  
Warm Steamed Green Salad  
Tangy Lentil Salad  
Thai Red Curry  
Sweet & Sour Tofu Stir-Fry  
Pink Salt Brownies  
Chocolate Chia Pudding  
And many more!

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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