



Fresh: New Vegetarian and Vegan Recipes from the Award-winning Fresh Restaurants

Ruth Tal, Jennifer Houston

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More nutritious, modern, and utterly delicious recipes from Fresh the award-winning restaurant chain in Canada. Longtime patrons of Fresh know what to expect: scrumptious meatless meals made from all-natural, wholesome ingredients, full of exotic flavours and energy-boosting nutrients designed to make them feel incredible. In their new cookbook, founder Ruth Tal and co-owner and head chef Jennifer Houston offer Fresh fans even more recipes from their enticing and healthy menu. Loaded with nutritious recipes as well as tips on maintaining a healthy and balanced vegan/vegetarian diet, *Fresh* balances good eating with great taste on every page.

For born food lovers or lovers of the new and trendy restaurant scene, the book also re-creates the dining experience at Fresh, with dozens of colour photographs that showcase the restaurant's funky urban decor.

- Fresh has been featured on Food Network's *Best of Show* as one of the top juice bars in North America and named one of Toronto's top 20 influential restaurants of the past 20 years by *Now* magazine.
- The authors' previous book, *reFresh*, was a North American bestseller.
- *Fresh* offers 150 new recipes for smoothies, salads, sandwiches, and other delights

A cookbook designed to make healthy eating a daily inspiration, *Fresh* brings the revitalizing creations of the award-winning Fresh restaurants right into your kitchen.

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