



YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle

Heather Crosby

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More than 150 plant-based, gluten-free, soy-free recipes!

No matter where you land on the diet spectrum, more whole, plant-based foods can enrich your life and improve your health.

If you're transitioning to a plant-based diet or you just want some ideas for preparing scrumptious veggie dishes, Heather Crosby provides a step-by-step guide to simply adding more delicious, health-boosting meals to your existing routine, whether you're a meat-eater or a vegan.

YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle offers a creative collection of more than 150 craveable recipes without meat, dairy, gluten, or soy. But this is more than just a cookbook—it's a treasure chest that will help you build health-promoting habits and recipes of your own for a lifetime. As a former veggie-phobe, Heather knows firsthand how overwhelming yet rewarding the transition toward a plant-powerful diet can be, so she offers expert advice for folks seeking to adopt and maintain a whole-food approach to what they eat.

Fans of YumUniverse.com, Heather's inspirational food website, and new readers alike will discover recipe goodness like her **Fig & Caramelized Onion Tart** and **Almond-Cardamom Cream Chia Pudding with Fresh Berries**, as well as divine desserts like **Mexican Unfried Ice Cream** and **Chocolate & Salted Caramel Stack Cake**.

A plant-powerful, gluten-free lifestyle is delicious *and* doable. So, say "goodbye" to the dieting roller coaster and embrace a long-term wellness adventure with tasty, healthy, plant-inspired cuisine.

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