



Refresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants

Ruth Tal, Jennifer Houston

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One of Canada's hottest restaurants puts a Fresh spin on vegetarian cuisine!

Toronto's Fresh restaurants are consistently rated as among the most popular restaurants in the city. Appealing to vegetarians, vegans and those who enjoy meatfree meals as part of a healthy diet, Fresh has evolved from a humble juice bar into a chain of three dynamic and gorgeous downtown restaurants.

reFresh is a new edition of Ruth Tals first book, *Juice for Life*. Completely revised and updated, *reFresh* offers the reader a sumptuous selection of the best recipes found on the restaurants menu today, all in a gorgeous full colour package that reflects the award-winning style and design of the restaurants themselves.

New in this edition:

- Over 100 of the latest recipes from the three Fresh restaurants
- A fresh new design that calls attention to the health benefits of various menu items Information on nutritional supplements that can be incorporated into the recipes for an added boost!
- Up-to-date information on buying and using a juicer at home
- A complete recipe index
- A new foreword by renowned chef Susur Lee

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Irene Vaughan:

This Refresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants book is not really ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get details which is getting deeper you actually read a lot of information you will get. That Refresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants without we recognize teach the one who looking at it become critical in thinking and analyzing. Don't possibly be worry Refresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants can bring once you are and not make your carrier space or bookshelves' come to be full because you can have it in the lovely laptop even telephone. This Refresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants having excellent arrangement in word as well as layout, so you will not really feel uninterested in reading.

Jane Garner:

Spent a free time to be fun activity to do! A lot of people spent their sparetime with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to consider look for book, may be the guide untitled Refresh: Contemporary Vegan Recipes From the Award Winning Fresh Restaurants can be very good book to read. May be it may be best activity to you.

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Jennifer Pittman:

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