



# The Hippy Gourmet's Quick and Simple Cookbook for Healthy Eating

*Bruce Brennan, James Ehrlich*

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**The Hippy Gourmet's Quick and Simple Cookbook for Healthy Eating** Bruce Brennan, James Ehrlich  
**Cooking the Hippy Way: It's as Simple as Following Your Pleasure**

Bruce Brennan, the host of the hit PBS show *The Hippy Gourmet*, travels the globe sampling local, healthy cuisines. The show is a global sensation, airing across the U.S. and in-flight international airlines such as Lufthansa and Swiss Air. Now in a cookbook packed with over 150 recipes, Bruce shows how you can make these easy, delicious dishes using freshly-grown ingredients, in your own home. His vegan, vegetarian, and pescatarian meals will transform your eating experience--and change the world for the better, one meal at a time. Don't miss:

- AMAZING BREAKFASTS--Enjoy Blueberry Pecan Pancakes that will make you flip!
- SIMPLE SOUPS--When it's too hot to turn on the stove, taste Cold Cucumber Soup and spend the rest of the day skinny dipping.
- GLORIOUS BEANS--Try Brazilian-Style Black Beans that'll make you tango.
- SOLAR PIZZA--Prepare everyone's favorite meal and if the mood strikes, bake it in your homemade solar oven. (It really works!)
- SHARE THE LOVE DESSERTS--Make Mocha Mousse, a dark and powerful end to your meal that tastes as soft and light as a cloud.

...PLUS SALADS, SANDWICHES, SIDE DISHES, AND MORE!

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