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EatPlant-Based Readers Newest Favorites

599 views • 1 year ago







EatPlant-Based.com is an information oasis for those seeking restored health and wellness through scientifically proven plant-based nutrition. Terri is a licensed Food for Life Instructor with Physicians Committee for Responsible Medicine and shares cooking demonstrations of whole food plant-based recipes. <https://eatplant-based.com/>

Whole Food Plant-Based Cooking Demos | No Oil ▶ PLAY ALL

Join Terri Edwards, licensed Food for Life instructor with Physicians Committee for Responsible Medicine, to learn how to prepare quick and healthy plant-based oil-free recipes. Learn handy

 8:09	 9:05	 7:24	 7:51	 6:25	 5:02
Cooking Without Oil Sauteing Vegetable Broth EatPlant-Based 1.4K views • 1 year ago	Vegan Egg Salad EatPlant-Based 356 views • 7 months ago	Collard Green Veggie Wrap with Peanut Sauce EatPlant-Based 2.3K views • 3 years ago	Chickpea Avocado Salad Spread EatPlant-Based 524 views • 1 year ago	Tofu Scramble & Wrap EatPlant-Based 2.2K views • 3 years ago	Vegan Chocolate Mousse EatPlant-Based 453 views • 7 months ago

Recipe & Article Highlights ▶ PLAY ALL

 1:25	 0:59	 1:02	 0:52	 1:22	 0:49
Top Plant-Based Recipes & Articles of 2019 EatPlant-Based 55 views • 2 months ago	Healthy Vegan Casseroles EatPlant-Based 50 views • 2 months ago	Vegan Holiday Recipes EatPlant-Based 56 views • 3 months ago	Vegan Parmesan Cheese EatPlant-Based 96 views • 4 months ago	Vegan Meal Service Review: MamaSezz EatPlant-Based 90 views • 4 months ago	DateNuts: Easy 2-Ingredient Dessert EatPlant-Based 64 views • 4 months ago




Dining Out on Plant-Based Diet ▶ PLAY ALL

Rest assured, living a healthy plant-based lifestyle does not mean you need to forgo your social life and give up the pleasures of dining out. Plenty of options are available, and there are a few things

 1:42	 1:55
Eating Plant-Based at Jason's Deli EatPlant-Based 2.2K views • 2 years ago	How to Eat Healthy at Restaurants EatPlant-Based 968 views • 2 years ago

Plant-Based Vegan Starter Kits & Tips ▶ PLAY ALL

Tips and Plant-Based Starter Kits

 4:05	 0:46	 5:59
Asian Markets Shopping EatPlant-Based 1.1K views • 2 years ago	Vegan Plant-Based Starter Kits EatPlant-Based 152 views • 1 year ago	Food for Life Physicians Committee Nutrition &... EatPlant-Based 998 views • 2 years ago