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**Sinopsis**

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Natalie is the flip side of Martha Stewart, taking vegan cooking to places it has never been before. Her self proclaimed cooking influences include TV, pro-wrestling, punk rock and heavy metal; the results are equally surprising-a refreshing take on great vegan baking with award-winning flavours, sure to create a buzz in the vegan community. Her off-colour humour, irreverent rants and density of pop-culture references will make you laugh out loud and appreciate her version of high-adrenaline, off-the-grid baking. Her recipe list is different, maybe even shocking, but once the flavour combinations sink in, they are appealing, tempting and irresistible. For example the Bike Messenger Brownies are inspired by the espresso-infused chai latte these speed demons use to fuel up. She feeds her son The Crouching Corn Bread, Hidden Broccoli to get him to eat a vegetable. She affectionately describes her popular and colourful Fruit Punch Twinkies as a little less white trash since they are made from scratch. And it s best to quote her directly on her Shepherd s Pie Pizza, Some people are born to rock n roll. Others are born to ride. I was born to put mashed potatoes on pizza.