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Take Control of Your Health

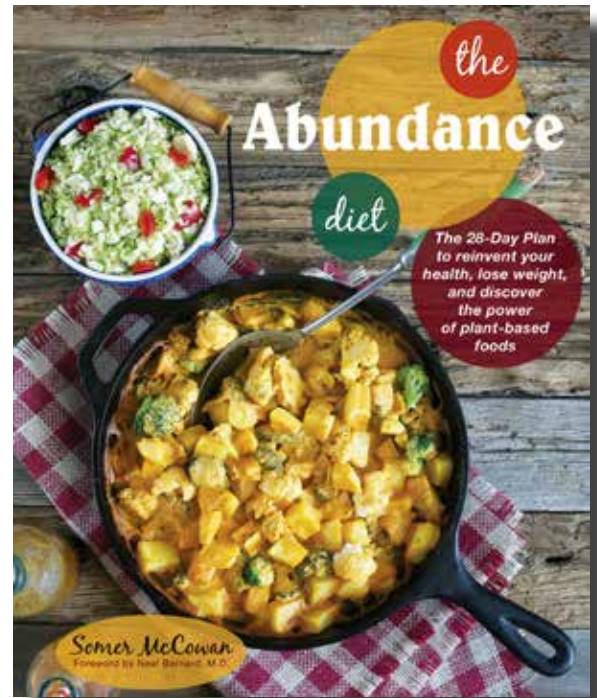
The **Abundance Diet** (Vegan Heritage Press, \$21.95, June 2015) is a groundbreaking cookbook and diet plan for anyone who wants to take control of their health through the power of plant-based foods.

The 28-Day Diet Plan includes over 100 delicious recipes (all gluten-free) and can be customized to suit individual tastes. These delicious, nutrient-packed recipes include:

- Cheesy Cauliflower and Potato Bake
- Grilled Eggplant and Zucchini Lasagna
- Cheesy-Smoky-Spicy Black Bean Soup
- Bananas Foster Pancakes
- Blueberry Peach Tart with Apricot Crumble

The author reversed severe ulcerative colitis through her plant-based diet, and many who have tried her weight loss plan lost weight quickly and safely while feeling full.

Without counting calories, you can dramatically change your overall health, eliminate bad cholesterol, take control of your blood pressure, and shrink your waistline. The book also shows you how to incorporate exercise, regardless of your fitness level.



About the Author

Somer McCowan trained in restaurants and bakeries in the United States and Australia. After going vegan, she reversed her own health problems. She loves helping others improve their health through a plant-based diet. She lives in Utah where she publishes her popular blog, **vedgedout.com**.

The Abundance Diet: The 28-day Plan to Reinvent Your Health, Lose Weight, and Discover the Power of Plant-Based Foods
by Somer McCowan • Vegan Heritage Press, LLC
ISBN: 978-1-941252-06-2 • Price: \$21.95 (\$25.95 Canada)
Paperback, 248 pages, 7½ x 9 • Publicity begins June 2015
Available wherever print and ebooks are sold.

Apple Pie Green Smoothie

This smoothie is surprisingly reminiscent of apple pie. It is really delicious and I think you'll find it one of your fast favorites. The fiber from the apples also keeps your stomach full for a long time, so this is a favorite smoothie of mine to take out and about when I'm running errands all morning and need something to tide me over until I get home.

- 1 cup water**
- 2 cups packed organic baby spinach**
- 1 medium banana**
- 2 small apples, cored and quartered**
- 1 tablespoon organic apple butter or 1 date, pitted and snipped into small pieces, or 2 tablespoons Date Paste**
- 1 teaspoon ground cinnamon**
- 1 1/2 cups ice cubes**
- 1 tablespoon ground flaxseed, chia seed, or hemp seed (optional)**
- Liquid stevia, to taste (optional)**

In a blender, combine the water, spinach, banana, apples, apple butter, cinnamon, ice, and flaxseed, if using. Blend the mixture until completely smooth, creamy, and well combined, about 1 to 2 minutes. Add the liquid stevia, if using, and pulse to incorporate.

Makes 1 serving (About 1 quart)

From *The Abundance Diet* by Somer McCowan



Moroccan Lentil Soup

My Australian sister-in-law Annette made this soup for us while her family was here vacationing in the United States. At the time, she couldn't find "Moroccan spice" at the local grocery store, something I assume is easily available in Australia. She improvised, using some curry powders in my cupboard, for delicious but not-quite-the-right results. I was intrigued by the soup and wanted to make it again with the right seasonings, so I did some research on what "Moroccan spice" might be. Here's my interpretation of this soup, which is easily the most popular soup recipe on my website.

6 cups vegetable broth

2 cups chopped onion, cut into 1/4-inch dice

2 medium carrots, sliced into 1/4-inch rounds

2 large cloves garlic, minced or pressed

1 teaspoon ground coriander

1 1/2 heaped teaspoons ground cumin

3/4 teaspoon ground turmeric

3/4 teaspoon smoked paprika

3/4 teaspoon ground cinnamon

3/4 teaspoon ground ginger

1 (28-ounce) can crushed tomatoes

1 1/2 cups split dry red lentils, picked over and rinsed

1/3 cup chopped parsley

1/3 cup chopped cilantro

Juice of 1 large lemon

1 teaspoon sea salt, or to taste

1/3 teaspoon ground black pepper

Heat 1/4 cup of the vegetable broth in a large soup pot over medium-high heat. Add the onion, carrot, and garlic and sauté, adding additional broth as necessary to keep the vegetables from burning. Sauté until the onions are softened and translucent, about 5 minutes. Add the coriander, cumin, turmeric, smoked paprika, cinnamon, and ground ginger. Sauté the vegetables and seasonings for 1 to 2 minutes to allow the flavors to bloom. Add the remaining vegetable broth, crushed tomatoes, and lentils and bring to a boil.

Cover the pot and reduce the heat to a simmer. Cook for 30 minutes or until the lentils are fully cooked. Add the parsley, cilantro, and lemon juice and stir to combine. Season with the salt and pepper. For texture variation you can pulse the soup a few times with an immersion blender. For extra brightness, squeeze an additional slice of lemon over each bowl.

Makes 4 servings

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