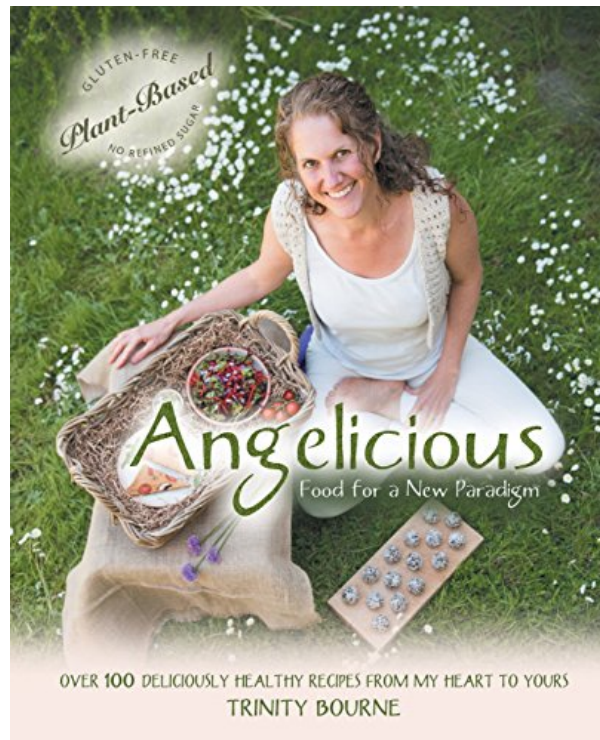
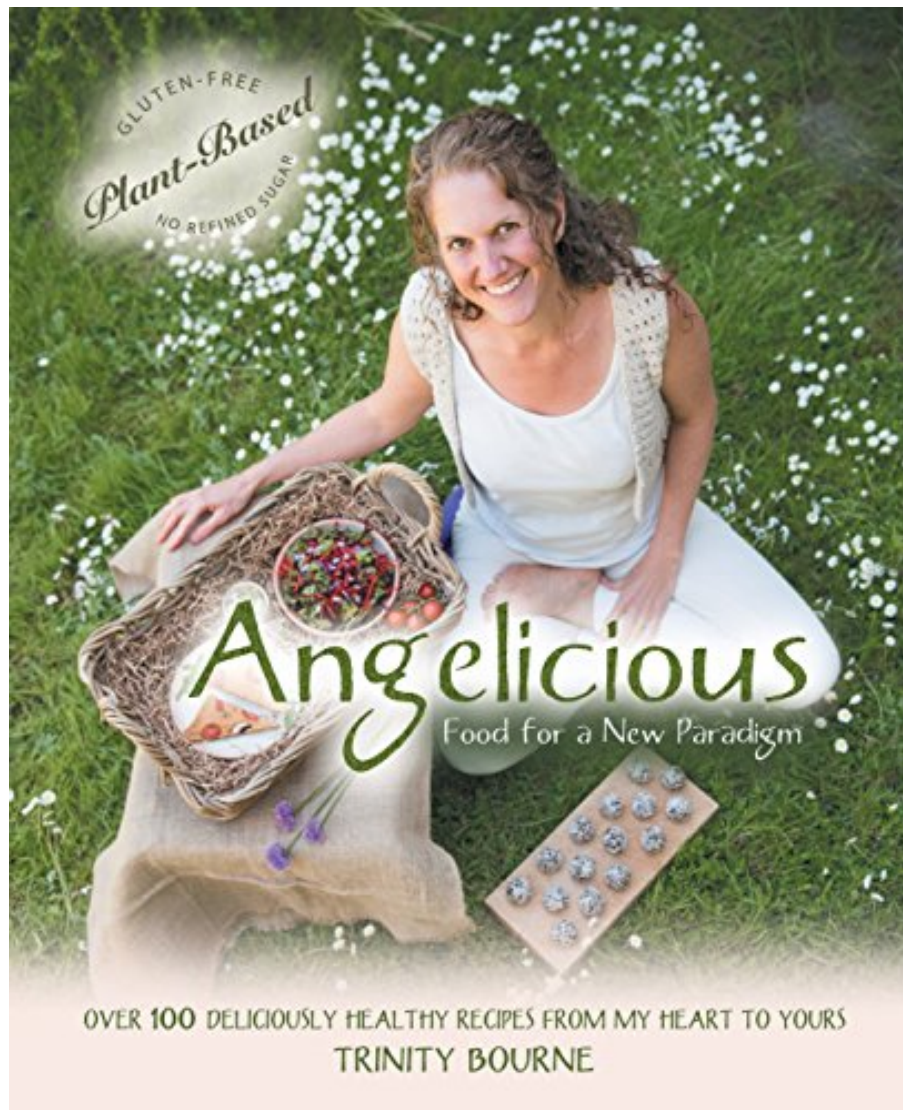


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Angelicious is a unique, culinary adventure, brimming with 110 delicious, soul-stirring recipes. Trinity makes creating healthy food a joyful, delicious experience, clearly demonstrating that eating consciously can make a massive difference in your life. With uplifting breakfasts, scrumptious main meals, super healthy salads, energising raw sweet treats, decadent desserts and mouth-watering juice ideas, Angelicious will inspire you towards new heights of physical, emotional and spiritual wellbeing. In the spirit of conscious eating, all recipes are totally plant-based, gluten-free, without refined sugar and you can be sure that each creation has been infused with love. When we choose compassionate, plant-based, organic ingredients and make our food from the heart, we begin to send healing ripples out into the world around us - we literally make the world a better place. Trinity Bourne is a recipe developer, retreat chef and food blogger with over 20 years of experience in the world of conscious cuisine. After a profound spiritual awakening in 1995, Trinity creates from a heartfelt, meditative and joyful space, inspired by her compassion for all sentient life and connection with the Angelic Realms.

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- 180 pages

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Delicious, Health Promoting and Soulful Recipes....Love it

By Kaydee

I give this cookbook my highest recommendation as I did Trinity's other cookbook "Trinity's Conscious Kitchen." You will find this cookbook is packed with ethical, health-promoting, delicious recipes that are easy to make. There is everything from breakfast recipes to salads with ingredient combinations that you never thought of, to gluten-free pasta and rice meals, to health-promoting desserts to juices and more. This cookbook along with "Trinity's Conscious Kitchen" are my go-to cookbooks. It feels good on so many levels cooking ethically and from the soul, which this book naturally enables you to do. If you have been led to this cookbook, it is for a reason. I recommend it without hesitation.

1 of 1 people found the following review helpful.

... a special space in my kitchen - I just LOVE it! Trinity's first cookbook was a star and ...

By Jennifer Stewart

This cookbook has a special space in my kitchen - I just LOVE it! Trinity's first cookbook was a star and this one is shining just as bright! So what do I love about it? She has a knack for taking the most simple, beautiful, whole foods and creating divine dishes without a lot of fuss or complicated ingredients. Everything

she uses in her recipes, she uses often and are easy to find at your local health food store. With this cookbook I have made dishes that I have never seen anywhere else and pleased all types of eaters! Lots of raw options - from smoothies to scrumptious raw treats (the cooked desserts are not to be missed though!!) Beautiful photos, stunning essence and just amazing recipes!

1 of 1 people found the following review helpful.

I just love this cookbook

By Kim Agren

I just love this cookbook!!! Every recipe I have tried is easy, healthy and delicious, not to mention, vegan and gluten free. It has a nice balance of both raw and cooked recipes and the pictures are absolutely beautiful from cover to cover. It is a must have for anyone who likes to cook and is eating consciously. I already bought a few extra copies for Christmas gifts.

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