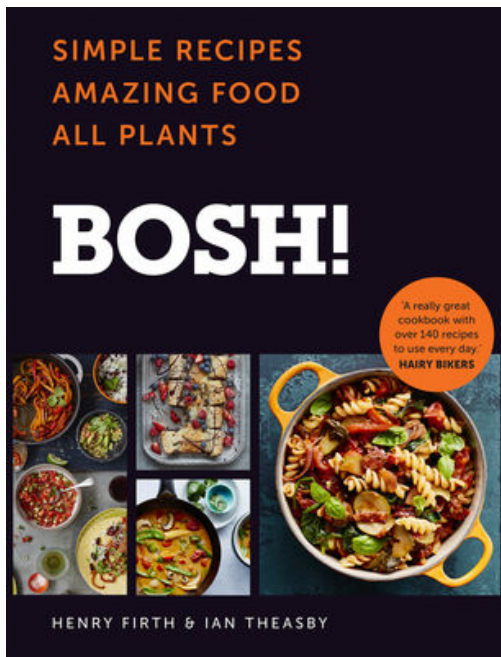


# Descargar libro BOSH! Libre de Henry Firth & Ian Theasby (PDF - ePub - Mobi)



'The vegan Jamie Olivers' The Times

Want to cook ridiculously good plant-based food from scratch but have no idea where to start? With over 140 incredibly easy and outrageously tasty all plants meals, BOSH! The Cookbook will be your guide.

Henry Firth and Ian Theasby, creators of the world's biggest and fastest-growing plant-based platform, BOSH!, are the new faces of the food revolution.

Their online channels have well over 1.8 million fans and constantly inspire people to cook ultra-tasty & super simple recipes at home. Always ensuring they stick to fresh, supermarket-friendly ingredients, BOSH! truly is "plant-based food for everyone".

In BOSH! The Cookbook, Ian and Henry share over 140 of their favourite go-to breakfasts, crowd-pleasing party pieces, hearty dinners, sumptuous desserts & incredible sharing cocktails.

The book is jam-packed with fun, unpretentious and mega satisfying recipes, including Creamy Mac and Greens, Burrito Samosas, the Big Bhaji Burger, the World's Best Pesto Lasagne, Satay Sweet Potato BOSH! Bowl, Spanish Beach Churros, Gooey PBJ Brownies and Salted Caramel Chocolate Crunch Tart, all easy enough to be rustled up any night of the week. It's enough to convince the staunchest of carnivores to give plants a whirl.

Whether you're already sold on the plant-based lifestyle or you simply want to incorporate more meat, dairy and egg-free meals into your week, BOSH! The Cookbook is your plant-based bible.

BOSH!

Reviews

"A really great cookbook with over 140 recipes to use every day."

HAIRY BIKERS

"I love the BOSH! boys, their energy and their totally original, exciting approach to simple, tasty plant-based food."

ANNA JONES, author of A Modern Way to Eat

"Ian Theasby and Henry Firth from "BOSH!" create simple and imaginative vegan recipes which are filmed and broadcast to over 1.4m Facebook users. Their videos are short, intoxicating, with no agenda or fuss - just showcasing delicious, comforting food that happens to be meat free."

BBC Radio 4

"The Ant and Dec of the vegan world"

Heat

"Thanks to [their] inspiring videos of easy-to-whip-up recipes, such as a vegan kebab and a guacamole potato salad, BOSH! has racked up almost 1.4m likes on Facebook."

The Guardian

About the author

Lifelong friends from Sheffield, Henry and Ian are the guys behind BOSH! - the biggest plant-based video channel on Facebook. Totally powered by plants, BOSH! create mouthwatering meat- and dairy-free recipes that are shared across the globe, reaching over 25 million people a month.

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## Bestseller List [Téléchargement Gratuit]

### [PDF] Fuego y Sangre (Canción de hielo y fuego)



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

El nuevo libro de George R. R. Martin narra la fascinante historia de los Targaryen, la dinastía que reinó en Poniente trescientos años antes del inicio de "Canción de hielo y fuego", la saga que inspiró la serie de HBO: Juego de tronos. Siglos antes de...

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### [PDF] No puedo dormir contigo, cariño (Los peligros de enamorarse de un libertino 2)



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

Llega la segunda entrega de la serie «Los peligros de enamorarse de un libertino» con la historia de Helaiilla y Keylan. Unas inocentes partidas de ajedrez... que se volverán muy indecentes. -Si yo gano obtendré un beso. -¿Y qué gano yo si pierde? -¿Y...

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### [PDF] Yo soy Eric Zimmerman, vol II



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

Tras una boda y un viaje de novios de ensueño, mi vida con Judith comienza a normalizarse. Durante el día, mientras trabajo en mi empresa, mi maravillosa esposa sigue en sus trece de llevarme la contraria en todo lo que puede y más. A pesar de lo mucho que nos amamos, somos...

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### [PDF] Sapiens. De animales a dioses

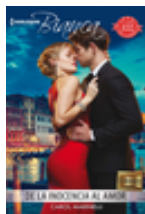


<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

El libro de no ficción del año. Bestseller internacional con más de diez millones de ejemplares vendidos. Número 1 en la lista de The New York Times. Recomendado por Barack Obama, Bill Gates y Mark Zuckerberg. De la mano de uno de los historiadores más...

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### [PDF] De la inocencia al amor



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

Un multimillonario despiadado... Una inocente en peligro... ¡La consecuencia a los nueve meses! Cuando el magnate siciliano Raul di Savo conoció a Lydia Hayward, no solo deseaba su fría elegancia; seducir a Lydia también impediría que su eterno enemigo pudiera...

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## [PDF] Tú no matarás



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

«No matarás, hijo, tú no matarás. Porque ningún hombre vuelve a ser el mismo después de haber quitado la vida a otro hombre.» La nueva novela de Julia Navarro. Fernando, joven editor hijo de un republicano represaliado, decide huir de una España...

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## [PDF] Boda concertada



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

¿Un matrimonio preparado? Maddy había accedido a conocer al que habían elegido para que fuera su marido, pero no tenía la menor intención de casarse con él. Ella quería casarse por amor, no para arreglar una contienda familiar. Así que...

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## [PDF] Fire and Blood



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

The thrilling history of the Targaryens comes to life in this masterly work by the author of A Song of Ice and Fire, the inspiration for HBO's Game of Thrones . &#xa0; With all the fire and fury fans have come to expect from internationally bestselling author George R. R. Martin , this is...

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## [PDF] La vaca



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

¿Qué nos impide triunfar, lograr nuestras metas y ser felices? El verdadero enemigo del éxito y la felicidad no es el fracaso, como muchos piensan, sino el conformismo y las excusas que limitan nuestro éxito. En esta extraordinaria metáfora, la vaca representa...

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## [PDF] El cielo rojo del norte



<http://library.dgmedia.info/cl?book=1230359534&c=cl&format=pdf>

Ocho relatos que recrean los ámbitos más humanos y desgarradores de la guerra del Pacífico. De la mano de uno de los narradores que mejor ha contado el drama de la guerra del Pacífico, estos ocho relatos recrean los fragmentos más humanos y desgarradores del...

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