

PDF | BOSH!: Simple Recipes *
Amazing Food * All Plants

by Ian Theasby and Henry David Firth

SIMPLE RECIPES
AMAZING FOOD
ALL PLANTS

BOSH!



HENRY FIRTH & IAN THEASBY

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Want to cook ridiculously good plant-based food from scratch but have no idea where to start? With over 100 incredibly easy and outrageously tasty all-plants meals, *BOSH!* 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 one million fans and constantly inspire people to cook ultra-tasty and super simple recipes at home. Always ensuring they stick to fresh, supermarket-friendly ingredients, BOSH! truly is "plant-based food for everyone".

In *BOSH!*, Ian and Henry share more than 100 of their favorite go-to breakfasts, crowd-pleasing party pieces, hearty dinners, sumptuous desserts, and incredible sharing cocktails. The book is jam-packed with fun, unpretentious and mega satisfying recipes, 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!* is your plant-based bible.



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