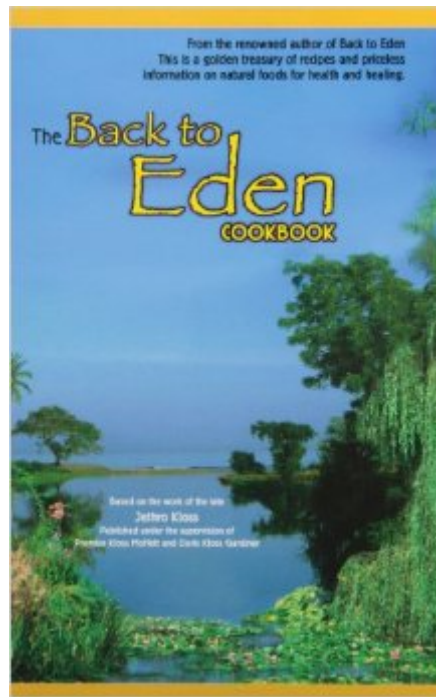


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# The Back To Eden Cookbook



## Synopsis

This book is a golden treasury of recipes and priceless information on natural foods for health and healing. The Kloss family selected 240 tempting recipes using simple, economical foods with taste appeal and proven balanced nutrition without any artificial or refined ingredients.

## Book Information

Paperback: 160 pages

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Product Dimensions: 5.3 x 0.3 x 8.5 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (59 customer reviews)

Best Sellers Rank: #69,978 in Books (See Top 100 in Books) #98 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #158 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #168 inÂ Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference

## Customer Reviews

Some of the concepts and preparation methods are dated (you can't home-can in tin cans any more - I don't think) but I have tried some of the recipes, and they taste MUCH better than they look and since they have no animal products, they take a long time to go stale. For me, the main obstacle in trying the main dishes is the extremely long cooking times - as long as 6 hours, and using a Crock-Pot probably won't work. As for breads and side dishes, no problem.

We are in our 50's and tired of being overweight, low energy, and so on, and have learned the downfalls of what we eat as a society (mass produced factory made foods and processed animals) and this book has been great to understanding God's way or nature's way of how we were meant to consume real foods...

This book has many recipes designed to save money, and most of these are sold for very high prices in the specialty health food stores. Soups, breads, even tofu and other soy products; make

them to your taste for much cheaper!

I really enjoyed the contents of this book, I already made one of the recipe, and it turned quite well. most of the veggies in the book has great healing qualities, and I eat mostly all of them. I didn't know that you could prepare them so many different ways.

This gem of a little cookbook as many wonderful recipes. Tried and true, on your way to being a healthier vegetarian! I recommend it highly!

I remember when in the 1970's I was very ill ,and, Dr. Kloss's book Back to Eden gave me the knowledge to heal myself. I then passed that knowledge to others by recommending Dr. Kloss's books and others ,in turn, became well and continued to pass it on. I continue reaping healthy benefits till this day from Dr. Jethro Kloss's Back to Eden Cookbook. Therefore, I recommend this book for it's life saving recipes.

This cookbook is easy to read with its large lettering. The receipts are easy to follow and do not require unattainable ingredients. Natural foods is good for the body and drinking plenty of water helps wash away the bad chemicals and bacterial in the human body.

This is my favorite "hippie" mostly vegan cookbook. It's been around since since the late 60s, when I purchased mine. The recipes are easy to follow and use common ingredients available at super markets. The waffle section is my favorite! Of course, a good blender is a must for this book, and I wore out several. I'm using a VitaMix now, and hope it lasts more than the average 10 years of the weaker blenders.

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