



## “Forks Over Knives - The Cookbook” Now Available

By Forks Over Knives  
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*Forks Over Knives – The Cookbook* arrives two weeks before its official release date and is now available for immediate shipping on [ForksOverKnives.com](http://ForksOverKnives.com).

The book, authored by Del Sroufe, contains more than 300 classic and unexpected recipes from around the world. Further, all recipes are vegan, oil-free, and virtually all are low-fat.

“There are a growing number of people adopting a healthy plant-based lifestyle,” said Brian Wendel, founder of *Forks Over Knives*. “Chef Del and his collaborators have created a wide array of choices for those who insist on exciting flavors and hearty meals.”

The book contains desserts by Isa Chandra Moskowitz and contributions from Julieanna Hever, Judy Micklewright, and Darshana Thacker.

[Buy \*Forks Over Knives – The Cookbook\* now!](#)