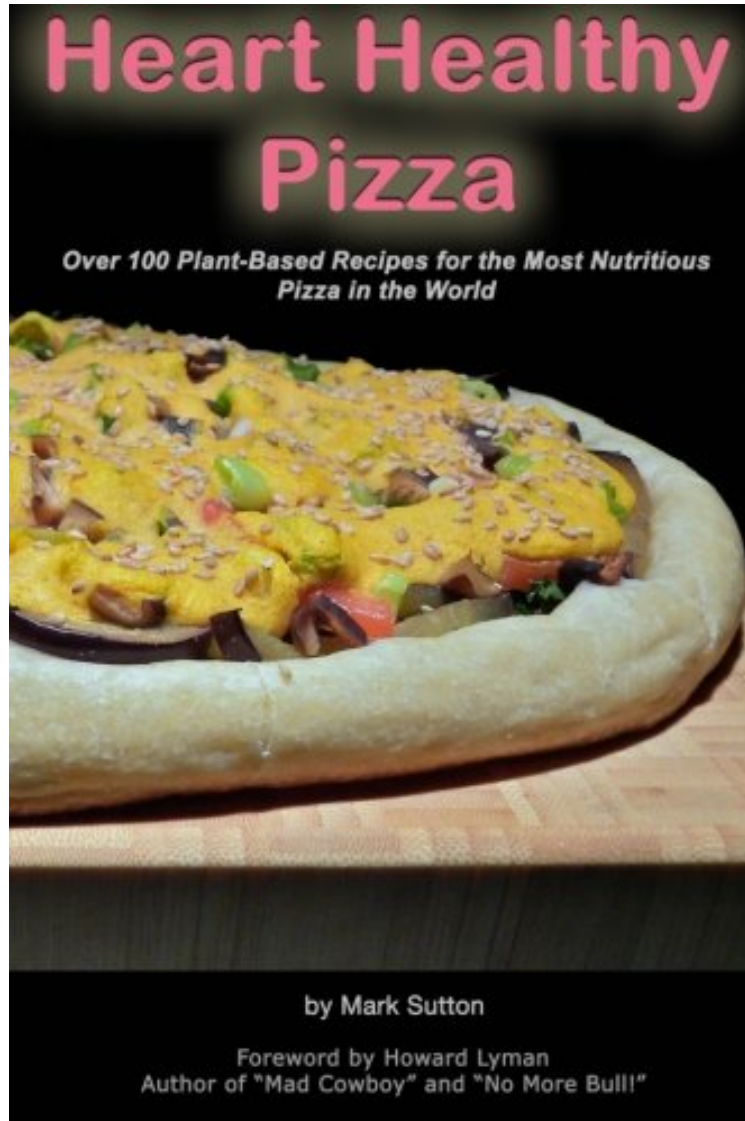


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## Heart Healthy Pizza

Mark Sutton

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**Mark Sutton : Heart Healthy Pizza** before purchasing it in order to gage whether or not it would be worth my time, and all praised Heart Healthy Pizza:

33 of 33 people found the following review helpful. tried a few recipes so far and really enjoying this cookbookBy jillMy husband is much pickier than I am (especially when it comes to pizza) and even he has enjoyed the recipes from this book. Love being able to make pizza with more wholesome ingredients that is actually healthy. Although there are some more traditional recipes in book I wouldn't recommend buying this if you want pizza that tastes like a local pizza

parlor although if you want to try some cool variations on pizza this is a great cookbook. Never would have tried an oat flour (oats blended to flour texture) and it doesn't taste like a traditional pizza crust but I love the flavor and texture of this crust. I also like being able to play around with the toppings and including some of my favorite toppings from on one pizza. The pizza I made tonight had an oat crust, traditional pizza sauce, nutritional yeast "cheese" and roasted garlic and mushrooms, broccoli, onions, and a couple different peppers (and this was easy because I used thawed frozen veggies) and it was awesome. Cover, etc does look a little homegrown rather than something you would see from a major publisher but content it is really good and great value for the money. Great for vegetarians, vegans, non-dairy and gluten free as well. 19 of 19 people found the following review helpful. No deprivation pizza! By Frieda What a fabulous book. It's well organized, thoughtfully presented, and, most importantly chock full of amazingly delicious recipes. The book is organized in chapters that include crust, sauce, and cheese-like toppings (the best part!), then whole pizza ideas, and appendices about plant-based eating, fats and oils, why he doesn't use pre-made plant-based cheeses, and cooking legumes and grains. There are also general and recipe indices. Each chapter has an introduction with tips and techniques. The book would be worth it for the recipes alone, but the tips and techniques are a fabulous bonus. Sutton doesn't just give you a recipe and leave you to your devices, he explains why ingredients taste and work the way they do, how to make things work properly, useful information about important ingredients, and techniques to ensure perfect results. The combination of winning recipes and invaluable tips, tricks, and information, make this book suitable for both the person who only follows a recipe, and others who may like to experiment, create their own concoctions, or troubleshoot something that doesn't taste quite the way they want it to. The sauces are so good you will not just want to use them on pizza. The possibilities are endless. The recipes include lots of gluten free options, tomato (nightshade) free options, soy-free options, and nut-free options, and an incredibly diverse palette of tastes and textures. The recipes are rich and satisfying without being heavy or laden with unhealthy ingredients. On top of all that, the recipes are easy to follow and taste unbelievably good. Most of these recipes are perfectly suitable for guests who eat a variety of diets. Even though these pizzas might not taste like the ones that are full of fat and animal products, the flavors are definitely good enough to serve to mixed-diet company. This book is so full of great recipes and possibilities for pizza combinations that I may never get through them all. But I will try with a smile on my face and a happy belly. Highly recommended. This is a good one to move to the top of your wish list. 41 of 42 people found the following review helpful. Thumbs Up from Both Vegans Carnivores By Amy I'm a vegan who avoids added oil and loves anything healthy. I'm married to a carnivore who runs out the door at the mention of fake cheese or tofu. The pizza I made from this cookbook was the first time we've ever eaten the same pizza - and enjoyed it. He loved the oregano-millet-sunflower seed cheese and the parmesan cheese substitutes. The recipes and combinations are so creative, I've never seen anything like it in another of my other vegan cookbooks or blogs. The recipes are easy and rely upon combining interesting (but not ridiculously exotic) ingredients and laying flavors. If you're questioning whether you really need another cookbook for your collection - you need this one! Highly recommended and worth every penny!

"Heart Healthy Pizza is a breakthrough guide to making nutritious plant-based pizzas. Mark Sutton will show you how to make your own delicious dough, mouth-watering sauces, and vegan cheeses. This cookbook will be a favorite for anyone looking for a healthier way to eat pizza." --- Neal Barnard, M.D., President, Physicians Committee for Responsible Medicine The Heart Healthy Pizza cookbook contains over 100 delicious no-added oil, plant-based recipes for making pizza. Through the imaginative use of grains (oats, quinoa, millet, and others) as well as legumes (such as chickpeas, black eyed peas, dal) and various vegetables (artichokes, carrots, corn, cauliflower...), unique "cheese-like" sauce recipes are made that range in taste and texture profile from a delicate velvety sauce to a custard firmness. Most are gluten-free. Coupled with recipes for crusts (including gluten-free versions), several bottom sauces and total pizza concepts, this easy to use book will help anyone create scrumptious and delectable pizzas. TABLE OF CONTENTS: Foreword by Howard Lyman Introduction Chapter 1: Firm Foundations Chapter 2: Amazing Gracious Sauces Chapter 3: No Nonsense Non-Cheese Sauces Chapter 4: Powerful Pizza Possibilities Resources Glossary Appendix 1: Reasons for Choosing a Plant-Based Diet Appendix 2: The Problems with Added Oil or Fat Appendix 3: Fat Stats for Commercial Plant-based Cheeses Appendix 4: Cooking Grains and Legumes Recipes Index General Index All recipes are vegan and were inspired from the 20+ years of peer-reviewed research by Dr. Caldwell Esselstyn, Jr., which demonstrates that a no-added oil plant-based diet can not only reverse heart disease, but in theory, prevent it. "Mark Sutton takes pizza to a new level of nutritional possibilities. After reading Heart Healthy Pizza, NO one will be able to eat ANY OTHER pizza without a conscience." Caldwell B. Esselstyn, J., M.D. and Ann Crile Esselstyn, "Prevent and Reverse Heart Disease."

About the Author In his youth, Mark worked at two pizza parlors, and it was there that his initial interest in making pizza began. Several years later, he became vegetarian, and after watching a friend effortlessly make pizzas at home for a couples dinner party, became re-focussed on learning to do the same himself in a non-restaurant environment. After going vegan, Mark began exploring making totally plant-based pizzas. During this period he came to the

conclusion that a cookbook based on these recipes would help vegetarians kick the cheese need. The path and his approach changed considerably when learning of Dr. Caldwell Esselstyn's peer-reviewed research demonstrating that a no-added fat plant-based diet can not only reverse heart disease, but in theory, prevent it. Mark decided to incorporate this knowledge into his recipes and make them all truly "heart healthy." Mark has been employed as the Visualizations Coordinator for two NASA Earth Satellite Missions, a freelance interactive multimedia computer consultant, an organic farmer, and head photographer. He's developed media published in several major magazines and shown internationally on network broadcasts, DVD's, websites, and managed/edited a cookbook. Mark has produced work for two Nobel Peace Prize winners (on Global Climate Change) and helped create UN Peace Medal Award-winning high school curriculum. He's currently the editor of the Mad Cowboy e-newsletter, has been a vegetarian for 20 years and vegan the past 11. Mark's an avid nature photographer, gardener, environmentalist, and is single. He can be reached at [msutton@hearthealthypizza.com](mailto:msutton@hearthealthypizza.com)