



Peas and Thank You: Simple Meatless Meals the Whole Family Will Love

Sarah Matheny

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Over 85 Recipes, One Very Happy Family

When Sarah Matheny, creator of the popular blog Peas and Thank You, decided to eliminate animal products from her diet, she knew there'd be skeptics. Her husband was raised on the standard American diet. Her grandpa was a butcher. Her mom was the best home cook around, with a generous pat of butter here and a crumble of bacon there. But now Sarah is a mom who wants to feed her children right.


Out went the diet soda. In came the smoothies.

Out went the "nutrition" bars. In came the nutritious cookies.

Out went a tired, caffeine-fueled mom. In came Mama Pea.

Peas and Thank You is a collection of recipes and stories from a mainstream family eating a not-so-mainstream diet. Filled with healthy and delicious versions of foods we've all grown up enjoying, but with a Mama Pea twist—no meat, lots of fresh ingredients and plenty of nutrition for growing Peas. From wholesome breakfasts to mouth-watering desserts, there's plenty here to satisfy the pickiest Peas in your life. It's easier than ever to whip up crowd-pleasing meals that will have the whole family asking for, "more, Peas."

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From reader reviews:

Harry Nelson:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the Mall. How about open or perhaps read a book allowed Peas and Thank You: Simple Meatless Meals the Whole Family Will Love? Maybe it is being best activity for you. You know beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with it has the opinion or you have different opinion?

Elisa Hall:

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John Merritt:

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