



Our 55 Favorite Healthy Recipes

The most common request from **Vibrant Life**® readers is, "More recipes, please!" Here you are, we've rounded up the best-of-the-best recipes from the past 12 years of **Vibrant Life**®. To make it into this special issue, the recipes had to work for real life, meaning, quick and easy, and plant-rich, making them healthy for people who aim for better health. Enjoy!

The Joy of Eating

You have to eat, so you might as well enjoy it. In this issue, we're talking all about food, including:

- ◆ How to build friendships over meals.
- ◆ How to cook to improve your health.
- ◆ How to elevate the flavor and creativity of your meals.
- ◆ How to make peace with your food and your body.
- ◆ And more . . .

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