



The Non-GMO Cookbook: Recipes and Advice for a Non-GMO Lifestyle

Courtney Pineau, Megan Westgate

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From the heart of the Non-GMO movement comes a collection of recipes and advice for healthy living. Here in the United States, unlabeled GMOs (genetically modified organisms) contaminate as much as 80 percent of the packaged food supply. These novel organisms have never undergone long-term human safety tests, and are labeled or banned in more than sixty countries around the world. The Non-GMO Cookbook is an invaluable resource for the growing number of Americans who are looking to opt out of the GMO experiment.

For this unique cookbook, Megan Westgate and Courtney Pineau of the Non-GMO Project collected a delicious assortment of treasured recipes from friends and allies in the non-GMO community. From classic favorites to bold innovations, you'll find simple recipes for every meal and occasion. Complete with tips for non-GMO shopping, and featuring lots of gluten-free, dairy-free, and allergy-friendly selections, The Non-GMO Cookbook is your complete guide to safe, healthy, non-GMO living.

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