

# ONE BITE

VEGAN MAGAZINE

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**101+**  
Recipes

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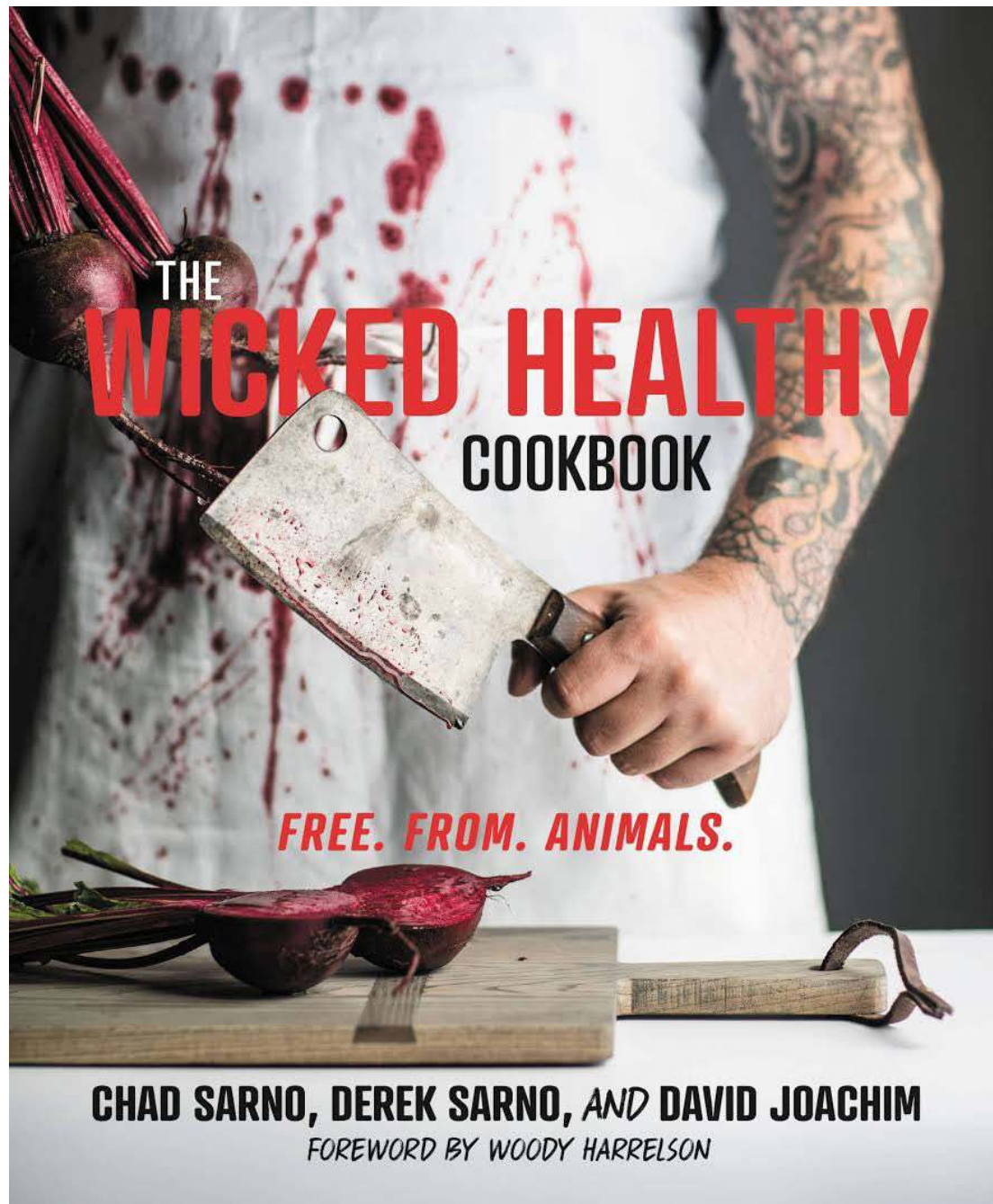
*Eco-Friendly  
Kitchen Items*

*Vegan Options in Auckland, NZ*



# Reviewed: **The Wicked Healthy Cookbook**

By Honey Morris



**T**he Wicked Healthy Cookbook by Austin based brothers Chad and Derek Sarno was released last year.

Chad and Derek describe their overall food philosophy as “shoot for 80% healthy and 20% wicked and you’ll be 100% sexy”!

This is evidenced throughout their cookbook with mouth-watering dishes like their smoked tofu dumplings with spinach, dates and black vinaigrette, their samurai burger with wasabi sesame, cucumber and kimchi mayo and their grilled almond butter, chocolate and raspberry sandwich.

I love that before they get into their actual recipes, they kick things off with “The Conscious Cooks Mind-Set” where they talk, in the perfect amount of detail, about love being the key ingredient as they offer their tips on resetting your pantry, sourcing quality ingredients and even knife skills.

Chad and Derek describe themselves as “plant-pushers” not “meat-shamers” and there really is something for everyone in this beautifully illustrated offering.

I love the photography in this cookbook, it’s really vibrant and there’s some awesome action shots, like the image that accompanies the “stir fried farro fawcett” recipe!

This is a cookbook about balance, about having fun in the kitchen, and about creating delicious dishes that just so happen to be good for you.

I will make mention of the fact that there’s a few difficult to access ingredients in this cookbook, fresh banana blossoms for example, but I guess that is a good excuse to familiarize yourselves with the speciality stores in your area.

If you’re looking to tantalize your taste buds prior to getting your hands on a copy of the Wicked Healthy Cookbook then check out their respective Instagram feeds, @chadsarno and @dereksarno!

*Would you like this cookbook? We’ve got one copy to give away. For your chance to be in to win it, just send us an email with your name and postal address to [emma@onebitevegan.com](mailto:emma@onebitevegan.com), with the subject line: ‘Wicked Healthy’. Competition closes on the 1st May 2019. Only one entry per person will be counted.*



### About the author...

**Honey Morris** is the creator of Handmade by H-Monster. Handmade by H-Monster is about all things crafty but mostly crochet. Honey donates a minimum of 25-50% of the profits from the sale of her creations to not-for-profit animal rescues. Honey lives in picturesque Western Australia with her husband Stu and the rescue animals they share their life with. When she’s not crocheting, or cooking up a vegan storm in the kitchen, you’ll usually find Honey burning incense while reading a good book, tending to her veggie patch or taking a dip at the beach. Honey loves sharing her passion for animals, nature and veganism.