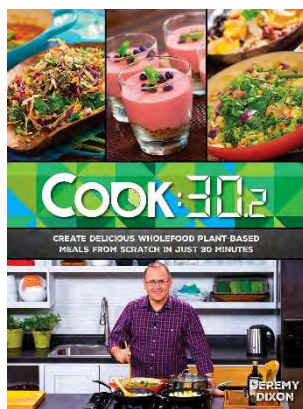
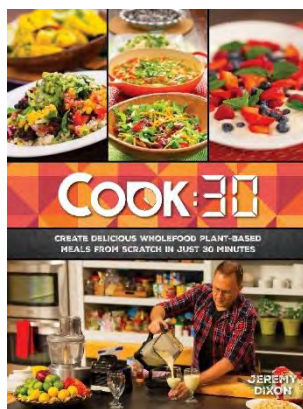
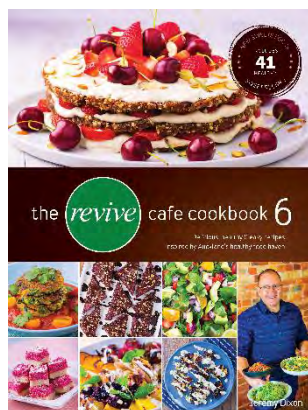
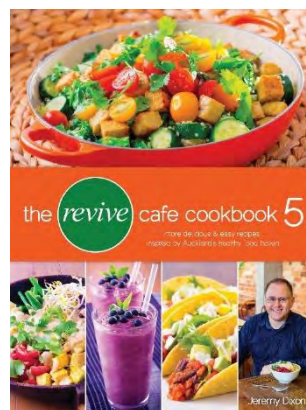
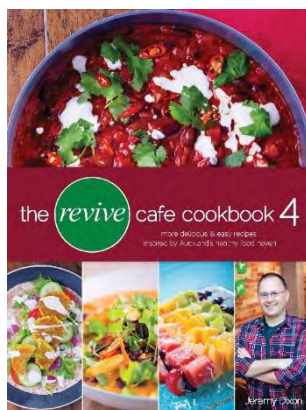
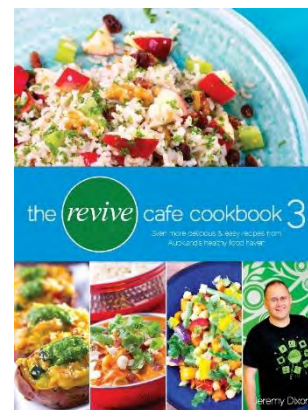
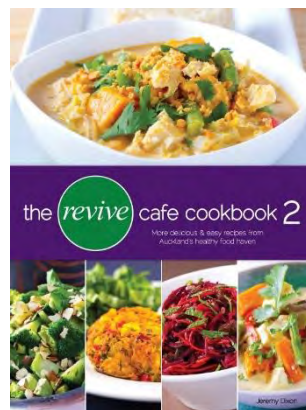
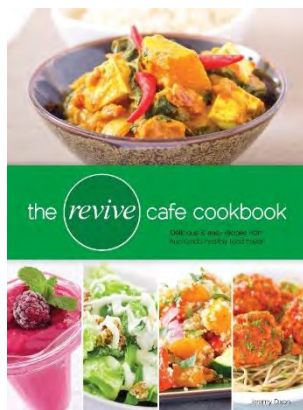


Introducing The Revive Café Cookbooks



About the Revive Café Cookbooks

The Revive Cafe Cookbooks by Jeremy Dixon use recipes from, and inspired by, the Revive Cafes in Auckland New Zealand. After ten years of running the cafes, Jeremy knows what flavours work and the food people love.

The Revive style is unique and home-style. It uses wholefoods – that is no processed flours or sugar – in the recipes. The recipes are plant-based with no animal products, except for a handful of recipes in books 1 and 2 that use eggs and/or dairy.

Jeremy Dixon's style is simple and quick. People enjoy the quick preparation times.

The ingredients are easy to find and reasonably priced.

Colourful photographs for EVERY recipe.

The Revive Café cookbooks are international friendly. They have metric/imperial measures/temperatures and alternate ingredient names (eg. capsicum, bell pepper).

The books include Step-by-Step guides to show readers how they can customise each dish.

The Revive Café Cookbook 1

Inside this cookbook you will find great recipes from the Revive Cafes that you can cook at home. Revive's delicious vegetarian food contains whole grains, plant-based protein, fresh produce and virtually no processed sugars or flours.



The majority of the dishes are also dairy and gluten free.

75 recipes and 6 mouth-watering sections:

- Salads
- Hotpots and Stir Fries
- Main Meals
- Soups
- Flavour Boosters
- Sweet things

It also includes Step-by-Step cooking charts for curries, smoothies, salads, stir fries and fritters.

46 THE REVIVE CAFE COOKBOOK

'My favourite' Thai salad. I accidentally ordered too much green curry paste and needed to use it up, so tried it with some seasonal vegetables one spring and came up with this creation. Green curry paste is usually better so do not use too much.

Thai Green Curry Veggies

MAKES 6X 1 CUP SERVES

2 large auberges (bowl packed)
2 tablespoons oil
1/4 teaspoon salt
1 head broccoli
1 red capsicum (bell pepper)
160g (3oz) can bamboo shoots
1/4 head cauliflower
1/4 cup chili (page 158)
1 teaspoon Thai green curry paste
1/4 cup warm water
2 tablespoons honey or date puree

1. Cut aubergine into 2cm (1 1/2 inch) cubes and mix with oil spread on an oven tray.
2. Roast for 15 minutes at 180°C (350°F) or until soft.
3. Cut broccoli and cauliflower into florets and steam for 2 minutes. Do not overcook.
4. Cut capsicum into small cubes.
5. Mix water, honey and curry paste together to form a 'runny paste'.
6. Combine all ingredients in a mixing bowl.

If you do not like things hot, start with just a little curry paste. It is easier to add more later than to take it out. A little oil goes a long way.



Bamboo Shoots

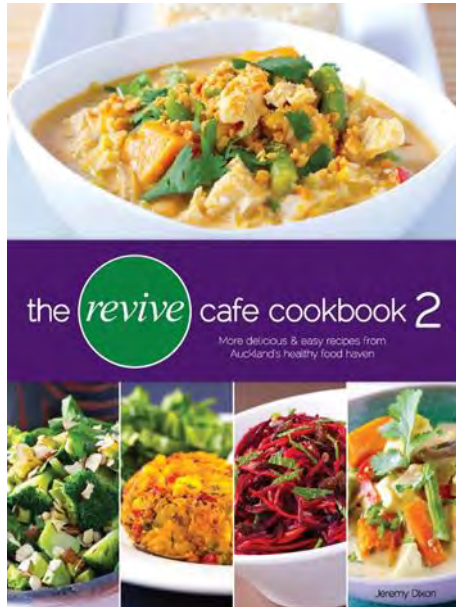
Best purchased in little cones these give any Thai dish an authentic flavour and texture. They are quite bland so do need a strong flavour to go with.

SALADS 47



The Revive Café Cookbook 2

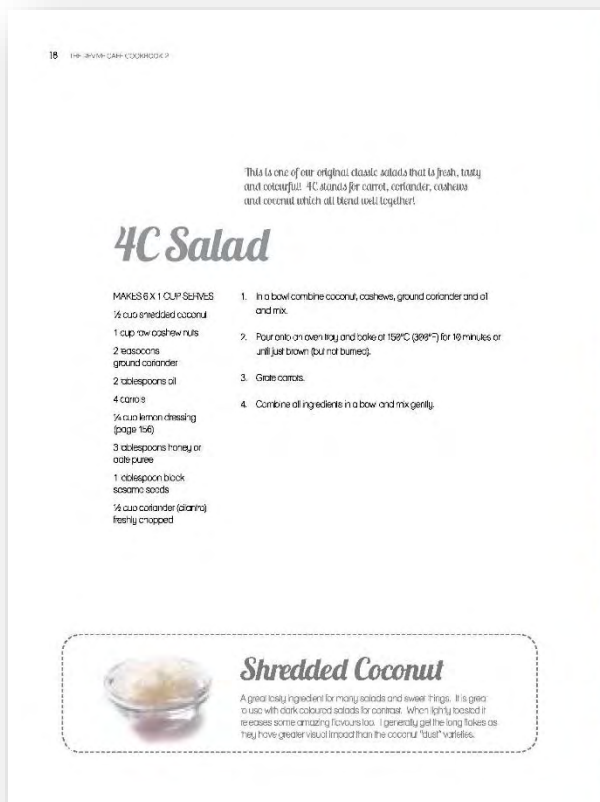
Inside this cookbook you will find more great recipes from the Revive Cafes that you can cook at home. Revive's delicious vegetarian food contains whole grains, plant-based protein, fresh produce and virtually no processed sugars or flours. The majority of the dishes are also dairy and gluten free.



80 recipes and 5 mouth-watering sections:

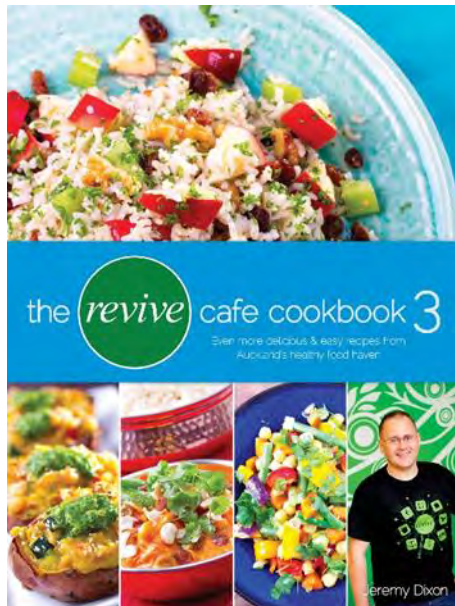
- Salads
- Hotpots and Stir Fries
- Main Meals
- Flavour Boosters
- Sweet things

It also includes Step-by-Step cooking charts so you can make your own frittata, soup, lasagne, dip or breakfast.



The Revive Café Cookbook 3

Following on from the first two Revive Cookbooks this book features even more healthy and delicious recipes. Inside you will find enlarged sweet and soup sections and a new breakfast section. Revive's delicious vegetarian food contains whole grains, plant-based protein, fresh produce and virtually no processed sugars or flours. All the recipes in this book are dairy and egg free and most are gluten free.



75 recipes and 7 mouth-watering sections:

- Salads
- Hotpots and Stir Fries
- Main Meals
- Soups
- Flavour Boosters
- Breakfasts
- Sweet things

It also includes Step-by-Step cooking charts so you can make your own healthy stuffed veges, dressings, wraps, noodles and pizzas.

98 THE REVIVE CAFÉ COOKBOOK 3

MAKES 12 SLICES TO
SERVE 6 PEOPLE

4 cups potatoes cut into 2cm
("in") cubes (around
3 potatoes)

1 tablespoon oil

½ teaspoon salt

3 cups chickpea (besan/
chana) flour

3 cups water

1 tablespoon onion powder

½ teaspoon garlic powder

2 tablespoons oil

1 teaspoon salt

oil for brushing the tray

1 cup pesto (page 136)

2 tablespoons sweet
chilli sauce

1 cup fresh rocket or baby
spinach leaves

This is an awesome pizza variation using chickbread. The combination of pesto, potato, sweet chilli and rocket is just amazingly fresh and unique. See, you do not need dripping cheese and white flour to enjoy a pizza!

Pesto & Potato Chickbread Pizza

1. Combine the potatoes, oil and salt on an oven tray and bake at 150°C (300°F) for around 40 minutes or until soft.
2. In a mixing bowl, combine the chickpea flour with 1 cup of the water and mix well. When mixed, slowly add the rest of the water while mixing. This process will help avoid clumps.
3. Add the onion powder, garlic powder, oil and salt and mix well.
4. Spread on oven tray (with sides) around 30x40cm (12x16in). Brush well with oil.
5. Pour in the chickpea mix and bake at 180°C (350°F) for 15 minutes. The mixture may seem to be too runny, however this is normal.
6. Spread the pesto on the base, sprinkle the potatoes on top and garnish with the rocket. Drizzle sweet chilli sauce all over.

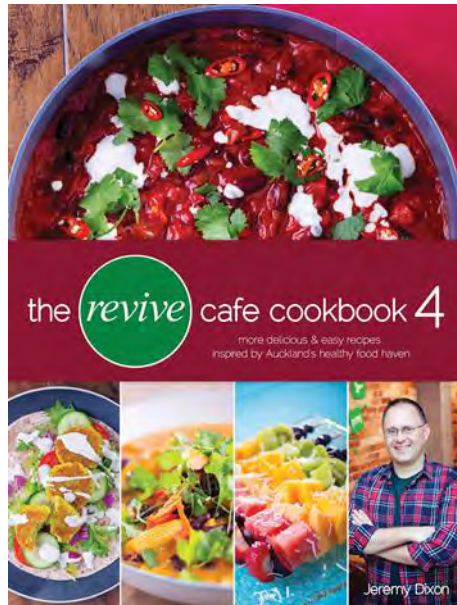
99 VEGAN MEALS

Rocket (Rucola) Leaves

This salad green has an exquisite peppery flavour and is great to use where you would normally use another salad green. I usually plant some seedlings in my garden in spring - it grows well and I have more than enough to last throughout the summer.

The Revive Café Cookbook 4

Following on from the first three Revive Cookbooks, this book features even more healthy and delicious recipes. Inside you will find a new 'sides' section, plus even more recipes. Revive's delicious vegetarian food contains whole grains, plant-based protein, fresh produce and virtually no processed sugars or flours. All the recipes in this book are dairy and egg free and most are gluten free.



78 recipes and 7 mouth-watering sections:

- Salads
- Hotpots and Stir Fries
- Main Meals
- Soups
- Sides
- Sweet things
- Flavour Boosters

It also includes Step-by-Step cooking charts so you can make your own healthy Mexican meals, burgers and dessert pies.

158 THE REVIVE CAFE COOKBOOK 4

The tartness of raspberries combined with the sweetness of the banana and date puree give an awesome smoothie. I prefer smoothies with one berry (rather than mixed berries), so you can enjoy a single unique flavour.

Raspberry & Mint Smoothie

MAKES 2 X 380ML (16OZ) SIZES

1 cup milk of your choice (soy, almond, rice, oat)
2 cups frozen raspberries
1/2 cup fresh mint
2 tablespoons honey or oat puree
1 large ripe banana

1. Put all ingredients into a blender and blend.

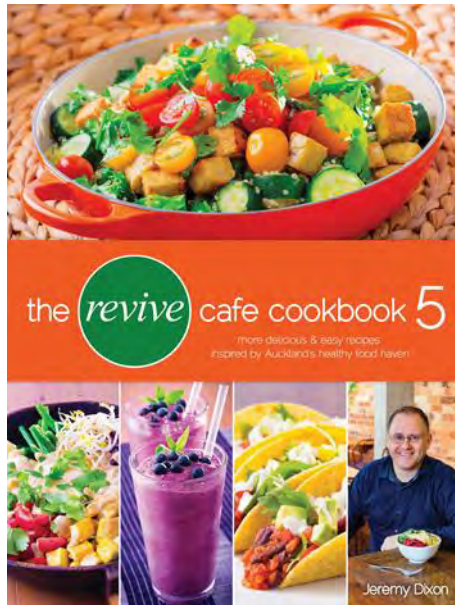
159 SWEET THINGS

Frozen Raspberries

A lovely berry that is great to have in the freezer. It is one of the more tart berries so I usually add a lot of sweetness. It is also good when crumbled and used as a sprinkle on healthy cheesecakes, fruit crumbles and other healthy sweets.

The Revive Café Cookbook 5

This book features even more healthy and delicious recipes. Revive's delicious vegetarian food contains whole grains, plant-based protein, fresh produce and virtually no processed sugars or flours. All the recipes in this book are dairy and egg free and most are gluten free.



84 recipes and 8 mouth-watering sections:

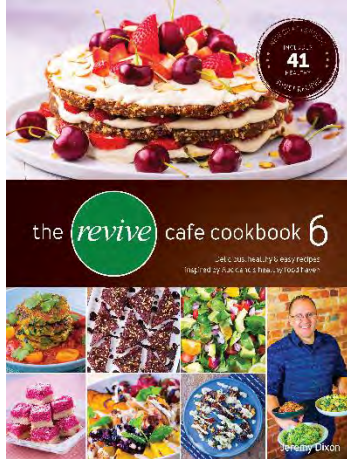
- Salads
- Hotpots and Stir Fries
- Main Meals
- Soups
- Sides
- Flavour Boosters
- Breakfasts
- Sweet things

It also includes Step-by Step cooking charts so you can make your own breakfast bowls, dahls, dessert glasses and iced drinks.



The Revive Café Cookbook 6

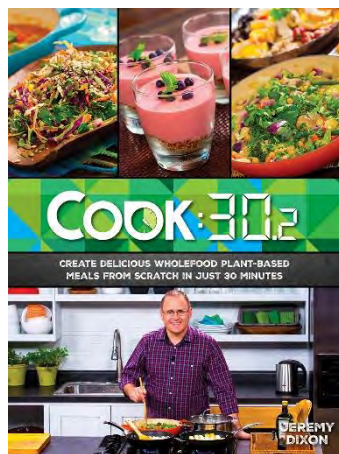
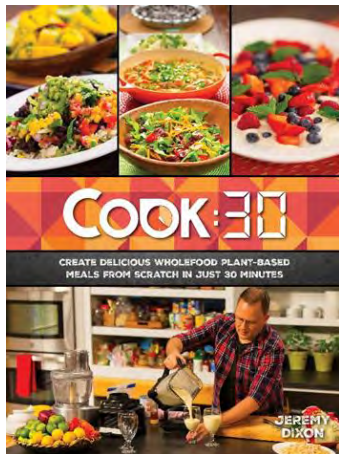
The latest Revive Cookbook! Over half this book is dedicated to healthy desserts and baking. Revive's delicious vegetarian food contains whole grains, plant-based protein, fresh produce and virtually no processed sugars or flours. All the recipes in this book are dairy and egg free and most are gluten free.



80 recipes, with 41 dedicated to delicious healthy desserts. 8 mouth-watering sections:

- Salads
- Hotpots and Stir Fries
- Main Meals
- Flavour Boosters
- Baking
- Sweet Treats

Cook:30 and Cook 30.2



Get your tastebuds ready for quick, delicious healthy food! The book of the TV series Cook:30, this is all about making a healthy meal from scratch in 30 minutes using plant based whole foods. Delicious meals, salads, accompaniments and sweets inspired by Jeremy Dixon's Revive Cafes.

Every chapter has around 5 different meal components to prepare and has a flowchart of how to multi-task and prepare a meal the way a chef would. See www.cook30.com for more information

Episode 13

A nice blend of vegetables, quinoa and an amazing goulash for mushrooms lovers. The Banana Date Smoothie is something you must try!

Get ready before you start

Jug	Oven	Counter	Ready on stovetop	Plugged in and ready	Preparation required
Boiling with 3 cups of water	Fan bake 350°F (180°C) 2 oven trays	Chopping board Sharp chef's knife Serving dishes	Large frying pan Medium pot Medium frying pan	Blender	

Timing

Time	Task	Notes
:00	ROAST VEGES	Chop and put vegetables in the oven
:06	QUINOA	Put quinoa on to cook - turn down when boiling
:08	GOULASH	Start sauteing chopped onion and mushrooms
:11	SALAD	Make dressing in bowl and add other ingredients
:16	GOULASH	Add most remaining ingredients
:20	QUINOA	Plate up the quinoa
:22	ROAST VEGES	Make dressing, plate vegetables from oven and pour dressing over
:26	SMOOTHIE	Blend the smoothie and garnish
:29	GOULASH	Add coconut cream and garnish
:30	FINISH	Serve and enjoy!

Cook:30 – TV Series

Jeremy has recorded 50 episodes of the Cook:30 cooking show. These started airing in May 2015 and are played four times per week. The show features on 3ABN, a US-based Christian TV network that has satellite and cable feeds to most of the planet.

The Revive Cafe Cookbooks

Book Information Summary

Title	Release Date	Pages	Book Sales To 31 August 17	ISBN
The Revive Cafe Cookbook	Dec 2011	192	50,643	9780473190576
The Revive Cafe Cookbook 2	Oct 2012	192	34,398	9780473217518
The Revive Cafe Cookbook 3	Oct 2013	192	24,026	9780473235949
The Revive Cafe Cookbook 4	Sep 2014	192	16,830	9780473285265
The Revive Cafe Cookbook 5	Aug 2015	192	10,739	9780473326555
Cook:30	Mar 2015	288	16,666	9781934869994
Cook:30.2	Apr 2016	288	9,784	9781942455226
The Revive Cafe Cookbook 6	Aug 2016	192	8,216	9780473361617
TOTAL			171,302	
Future Releases				
Cook:30 for Kids	Nov 2016	288	-	-

Author Biography



Jeremy Dixon

After a successful career working for Sanitarium Health Food Company for 10 years as a marketer of healthy breakfast cereals including Weet-Bix, Jeremy followed his long-held dream of becoming a chef or owning a café. Having discovered the benefits of healthy eating himself, he took a bold move and decided to leave his job to open a healthy café in Central Auckland. Ten years down the track the Revive cafes are an Auckland healthy-eating institution, and have found a large and loyal customer base serving around 3,000 people per week.

Jeremy also manufactures Frooze Balls (healthy fruit and nut balls) which sell in over 1,000 stores and supermarkets throughout NZ. He is also involved in charity work, which in the last few years has taken him to Cambodia, the Solomon Islands, South Africa and Nepal.

Jeremy takes all the photos in his cookbooks (except profile photographs).

Jeremy has regularly appeared on Good Morning, TVNZ, and in women's magazines and health magazines. *The New Zealand Herald* regularly promotes his books and is a contributor to *The Healthy Food Guide* with a regular section of recipes.

Visit www.revive.co.nz for more information about Jeremy Dixon and his cafes and books.

Praise for The Revive Cook Books

Jeremy receives almost daily feedback from his customers and readers about how his food and books change their life. Here are a handful of the comments:

“Fresh, seasonal and nutritiously complete, Revive’s recipes are mostly plant-based ... and deeply satisfying. It shows Jeremy’s confidence in his food that he happily shares favourite dishes, including easy step by step guides to creating your own [meals].” *The New Zealand Herald*

“Just had to say that since I bought the cookbook, the food not only looks great, tastes great, is easy to make and gets me lots of compliments. It has also got me back cooking with a bit of life again. Revive has woken up my taste buds and cooking skills. I now eat better than ever, healthier than ever and the leftovers are great for lunch next day.” Jill

“The cookbook is amazing! Might as well throw all my other cook-books out because this is all I’ll ever need!” Michelle

“I credit your recipes and philosophy with several changes in my life including an overall increase in wellbeing, weight loss and a normal blood sugar level for the first time in six years.” Harry

“Wow! I’ve been using your cook book and my whole family are so impressed - as am I! I’ve never been much of a cook - just the basics, but you’ve taken me to a whole new level. Thanks so much! Everyone is asking for my recipes!” Kaye

“The book is beautifully put together ... I have a collection of about 60-70 cookbooks and this is a new favourite.” Andrea

“Hi Jeremy. Your cookbooks have been used in our house and we have found them very easy to use. I have diabetes 2 and my blood sugar levels have been a concern. After 3 months of using your recipes the levels dropped to near normal and using your recipes were the only change in diet that had been made. Thank you.” Robert.

“I can’t thank you enough for your wonderful books. You make affordable good food simple and I love it. When you change your mindset to Revive cooking it takes all the sweat out. So a very big thanks to you for changing our family life and health.” Kate

