

Let's Play A Game!



I know I'm not the only one with delicious veggie ideas to share. So, how about submitting your favorite gluten free, dairy free vegetable side-dish recipe, along with two photos, for a chance to win a free copy of my book Gemmotherapy For Everyone: An Introduction To Acute Care!



Here's How It Works

Entries should be sent to Office@LaurenHubele.com before Monday, November 14. We will test out whatever you, our faithful readers, offer up and our top three selections will be posted here for your review on Monday, November 21.

Everyone will have a chance to vote online for their favorite based on the following criteria:

1. Flavor (*It needs to be yummy.*)
2. Difficulty (*It needs to be doable.*)
3. Nutrition (*It needs to be healthy.*)
4. Appeal (*It needs to be something even non-vegetarians would eat.*)
5. Appearance (*It needs to visually look nice on a table.*)

The winner will be announced one month from now, on Thursday, December 1.

Good Luck!