

# My Favorite Vegan Pesto Recipe

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[A Couple Cooks - Pretty Simple Cooking](#) Sonja Overhiser 2018-02-06 Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. [A Couple Cooks | Pretty Simple Cooking](#) is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

[Eat Plants, B\\*tch](#) Pinky Cole 2022-11-15 From the Slutty Vegan herself, a collection of ninety-one delicious, guilt-free, plant-based recipes that you will love to indulge in from the comfort of your own home. When Pinky Cole opened her first Slutty Vegan food truck in 2018, she was inspired by her love of vegan comfort food. Now, after having expanded to restaurants, a bar, and a philanthropic organization, Cole is ready to bring her best recipes straight to you. With mouth-watering photographs and easy-to-follow instructions, [Eat Plants, B\\*tch](#) celebrates Cole's belief that it's fun and accessible to cook and enjoy irresistible vegan comfort food. From Avocado Egg Rolls to her Black Pea Cauliflower Po'Boy or Oyster Mushroom Parm and everything in between, it won't be long before you will also be declaring Cole's timeless mantra: Eat Plants, B\*tch!

[The Edgy Veg](#) Candice Hutchings 2017-10 Two vegans in a world of quinoa and kale that refuse to go with the grain. Who says one must give up an insatiable need for comfort food just to eat better, to save animals and the planet? The Edgy Veg, the YouTube sensation (200,000 subscribers and counting, not to mention 630,000+ views per month) are on a culinary journey to revolutionize vegan food as we know it. Tired of traditional plant-based diets filled with salads and smoothies that just feels, well, tired, Candice and James set out on a culinary mission to re-purpose familiar favorites, by recreating childhood and adult cravings for folks with sophisticated palettes and food-nerd obsessions. Every single recipe can be enjoyed by vegans, vegetarians and

omnivores alike -- they're all tested by James Aita, a former meat and cheese loving guy, and also tirelessly tested on friends and family. These dishes taste fabulous. The Edgy Veg has 100 amazing recipes to meet and exceed the need for stick-to-your-ribs/don't even miss the meat, comfort dishes. Those take-out pangs will be banished once and for all with Perfectly Pleasing Pesto Pizza. With General Tso's Chicken or Buffalo Cauliflower Wings, entertaining for even the most hard-core carnivores is a snap. One taste of Spaghetti and Meat Balls, Bro, or Infamous Edgy Veg Fried Chicken or The Mac Daddy will easily convince all. To quench a thirst or sweet tooth, Mean Green Ginger Machine, Grade Eh Caesar and swoon-worthy Death by Chocolate Mousse is perfect. Goodbye to dairy, milk, eggs and tired tofu and hello to tasty tacos, perfect pizza and deluxe burgers. Cake, burgers and fries are here too!

[The Oh She Glows Cookbook](#) Angela Liddon 2014-03-04 The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" --Isa Chandra Moskowitz, author of [Isa Does It](#) "So many things I want to make! This is a book you'll want on the shelf." --Sara Forte, author of [The Sprouted Kitchen](#) A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet -- and her life -- once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, [ohsheglows.com](#), which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes -- from revamped classics that even meat-eaters will love, to fresh and inventive dishes -- all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes -- with more than 90 gluten-free recipes -- and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

[So Vegan in 5](#) Roxy Pope 2018-12-27 You don't have to be vegan to love vegan food. Want to cook vegan food at home but don't know where to start? Think vegan food is expensive? Unsure where to find the ingredients? Think again! Don't let anyone tell you vegan food is bland, boring or complicated. Roxy and Ben, creators of 'So Vegan' - one of the world's leading vegan recipe

channels - will show you how to create fun and super tasty vegan recipes using just five ingredients, proving once and for all that vegan food is for everyone. So whether you're a full-time vegan, a curious carnivore or simply somewhere in between, *So Vegan in 5* is your go-to guide for eating more delicious plants, packed with budget-friendly and time-saving recipes for the everyday cook. Vegan couple Roxy and Ben launched 'So Vegan' just over two years ago with the mission to revolutionise the way we think about vegan food. Nothing like *So Vegan* existed at the time, so the couple decided to take a leap of faith: they devoted all their spare time to developing and filming plant-powered recipes from their cosy south London flat. Fast forward to today, their channel now has over one million followers and their recipes reach a staggering tens of millions of people around the world every month. This book is bursting with over 100 exciting, all-vegan, low-cost and low-ingredient recipes for the time-poor cook. You'll find quick and easy breakfasts, simple and healthy light meals, classic dinners and indulgent desserts, plus so much more. As well as stunning everyday recipes and foodie tips, the book also contains helpful advice on how to live a more sustainable life. Being vegan just became easy. "So Vegan in 5 showcases fun and simple recipes and lots of inspiration for Meat Free Mondays!" - Paul McCartney 'Here is a cookbook that makes it even easier to make delicious vegan food for someone who can't cook at all, like me! Thank you, Roxy & Ben.' - Chris Martin, Coldplay 'A must-have cookbook if you're looking for super simple and tasty vegan recipes during Veganuary!' - Veganuary

**The CSA Cookbook** Linda Ly 2014-12-30 Make the most of your CSA membership—or your garden harvest—with simple yet bold, inventive yet nourishing meals from acclaimed blogger Linda Ly. Community Supported Agriculture (CSA) programs have connected farms to consumers and made people more in tune with where their food comes from, but still leave many stumped beyond the conventional uses for their produce. How many times has a CSA share arrived with things you've never seen before or not known what to do with? The *CSA Cookbook* will help you cook your way through a CSA box (or farmers' market or backyard bounty) with 105 seasonal recipes that utilize every edible part of the plant, from leaves and flowers to stems and seeds. Think of it as a nose-to-tail approach—for vegetables! With innovative ideas for preparing the lesser-known but no-less-delicious parts of plants, tips for using the odds and ends of vegetables, and easy preservation techniques, Linda Ly helps you get from farm to table without a fuss. Chapters include tomatoes and peppers, leafy greens, peas and beans, bulbs and stems, roots and tubers, melons and gourds, and flowers and herbs. You'll find globally-inspired, vegetable-focused recipes that turn a single plant into several meals—take squash, for instance. This year-round vegetable brings a variety of tastes and textures to the table: Squash Blossom and Roasted Poblano Tacos, Sicilian Squash Shoot Soup, Autumn Acorn Squash Stuffed with Kale, Cranberries, and Walnuts, and Toasted Pumpkin Seeds. If you grow your own food at home, you might be surprised to learn you can eat the leaves from your pepper plants, or pickle the seed pods from your radishes. The *CSA Cookbook* aims to inspire curiosity in the garden and creativity in the kitchen. You'll look at vegetables in a whole new way and think twice before you discard your kitchen "scraps"! "One of my favorite sayings is, 'Use it up, wear it out, make it do, or do without.' What appeals to me about this phrase is the idea that everything is useful. And that's why I like *The CSA Cookbook* so much. Many of Linda's dishes utilize the oft-discarded parts of vegetables such as tomato leaves, radish greens, and carrot tops. More than just being efficient, these recipes encourage us to explore the flavors and uses of

every edible part of a plant. This book will completely change the way you look at vegetables." —P. Allen Smith, author of *P. Allen Smith's Seasonal Recipes from the Garden* "The *CSA Cookbook* shows you how to use everything your vegetables offer, whether they come from your CSA or your garden. After all, why throw away what's edible when it can offer so much in the kitchen?" —Deborah Madison, author of *Vegetable Literacy: Cooking and Gardening with Twelve Families from the Edible Plant Kingdom*

**Let Them Eat Vegan!** Dreena Burton 2012-03-13 Vegan food has come a long way in the past decade. The once ubiquitous dry, packaged veggie burger is no longer the poster child for an animal-free diet. It has evolved into a creative, sophisticated cuisine touted by the likes of *Food & Wine* magazine. Long at the fore of vegan blogging and cooking, Dreena Burton has been known for making healthy taste delicious. *Let Them Eat Vegan!* distills more than fifteen years of recipe development that emphasize unrefined, less-processed ingredients—no white flour or white sugar, but instead whole-grain flours, natural sweeteners, raw foods, and plenty of beans 'n greens. There's no relying on meat analogues here, either—just hearty, healthy food that looks and tastes great. As the mother of three young girls, Burton always keeps their nutrition—and taste buds—in mind. From the simplest comfort foods like Warm "Vegveeta" Cheese Sauce to the more sophisticated Anise-and Coriander-Infused Orange Lentil Soup, these recipes will delight and inspire even the pickiest eaters and provide lifelong vegans with the innovative, wholesome recipes they've always wanted.

**The First Mess Cookbook** Laura Wright 2017-03-07 The blogger behind the Savor award-winning blog *The First Mess* shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to *The First Mess* for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched *The First Mess* at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. *The First Mess Cookbook* is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, *The First Mess Cookbook* is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

**Gluten-Free Vegan Comfort Food** Susan O'Brien 2012-02-07 With at least 30 percent of Americans suffering from gluten sensitivity and the huge interest in vegan and vegetarian lifestyles, the demand for hearty recipes that are free from wheat, gluten, meat, and dairy products has never been greater. Susan O'Brien is back with the sequel to her popular *Gluten-Free Vegan*—this time featuring quick and easy versions of everyone's favorite comfort food recipes complemented by helpful tips to make your dishes fantastic. Recipes include

Pumpkin and Pecan Waffles with Pumpkin Maple Butter, "Mac and Cheese," Stuffed Bell Peppers, Baked Bean Casserole, Molasses Cookies, Key Lime Pie, and Berry Rice Pudding.

**Mississippi Vegan** Timothy Pakron 2018-10-23 Celebrate the gorgeous and delicious possibilities of plant-based Southern cuisine. Inspired by the landscape and flavors of his childhood on the Mississippi Gulf Coast, Timothy Pakron found his heart, soul, and calling in cooking the Cajun, Creole, and southern classics of his youth. In his debut cookbook, he shares 125 plant-based recipes, all of which substitute ingredients without sacrificing depth of flavor and reveal the secret tradition of veganism in southern cooking. Finding ways to re-create his experiences growing up in the South--making mud pies and admiring the deep pink azaleas--on the plate, Pakron looks to history and nature as his guides to creating the richest food possible. Filled with as many evocative photographs and stories as easy-to-follow recipes, Mississippi Vegan is an ode to the transporting and ethereal beauty of the food and places you love.

**Vegan Keto** Liz MacDowell 2018-10-30 Liz MacDowell flawlessly delivers the best of two nutritional worlds in her new book, Vegan Keto. Her unique approach harnesses the health and weight loss benefits of the ketogenic diet and unites it with the vegan lifestyle. Liz dispels the myth that veganism contradicts the keto diet and offers a template to achieve optimal health and weight loss by eating a ratio of healthy fats and plant-based proteins. MacDowell offers more than 60 recipes that are all free of meat, eggs, and dairy and are keto compliant. MacDowell's revolutionary new approach emphasizes a nutrient-dense nutrition plan sourced from whole, natural foods that are rooted in healthy fats with plant-based proteins that are lower in carbohydrates. She has created a sustainable model that will enable those living a vegan lifestyle to achieve optimal health, lose weight, and eliminate cravings for inflammatory foods. Vegan Keto is complete with full-color photos, four easy-to-follow weekly meal plans, shopping lists, and tips and tricks for getting started and staying on track. Above all, Liz brings a wealth of expertise and invaluable advice derived from real-world experience in her role as a nutrition counselor. Recipes Include: Coconut Flour Waffles Lemon Poppy Seed Muffins Spinach & Olive Mini Quiche Cups Green Keto Balance Bowl Mediterranean Zucchini Salad Kelp Noodle Pad Thai Buffalo Jackfruit Tacos Lupini Hummus No-Bake Falafel Chocolate Almond Butter Cupcakes Snickerdoodles Whether your eating plan of choice is vegan/vegetarian, keto-tarian, or keto or you are just someone who loves good food and having a bit of fun in the kitchen, this book has something for you!

**Forks Over Knives--The Cookbook** Del Sroufe 2012-08-14 New York Times Bestseller A whole-foods, plant-based diet that has never been easier or tastier--learn to cook the Forks Over Knives way with more than 300 recipes for every day! Forks Over Knives--the book, the film, the movement--is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you're among them--or you'd like to be--you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes--classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa

with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant "Steaks" Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great Grains: Polenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives--The Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way today--it could save your life!

**The Mom 100 Cookbook** Katie Workman 2012-04-03 Introducing the lifesaving cookbook for every mother with kids at home--the book that solves the 20 most common cooking dilemmas. What's your predicament: breakfast on a harried school morning? The Mom 100's got it--Personalized Pizzas are not only fast but are nutritious, and hey, it doesn't get any better than pizza for breakfast. Kids making noise about the same old lunch? The Mom 100's got it--three different Turkey Wraps, plus a Wrap Blueprint delivers enough variety to last for years. Katie Workman, founding editor in chief of Cookstr.com and mother of two school-age kids, offers recipes, tips, techniques, attitude, and wisdom for staying happy in the kitchen while proudly keeping it homemade--because homemade not only tastes best, but is also better (and most economical) for you. The Mom 100 is 20 dilemmas every mom faces, with 5 solutions for each: including terrific recipes for the vegetable-averse, the salad-rejector, for the fish-o-phobe, or the overnight vegetarian convert. "Fork-in-the-Road" variations make it easy to adjust a recipe to appeal to different eaters (i.e., the kids who want bland and the adults who don't). "What the Kids Can Do" sidebars suggest ways for kids to help make each dish.

**Vegan in 15** Kate Ford 2017-01-05 Live well and feel great - go vegan in 15... Full of flavour and character, and containing all the nutrients you need for optimum health, Kate Ford's irresistible recipes will inspire you to get the most out of a vegan lifestyle, whether you are an established green eater or simply looking for a way to begin.

**Better Than Vegan** Del Sroufe 2013-12-03 Eating healthy just got a whole lot easier. The science is very clear. A whole-foods, plant-based diet is the healthiest possible way to eat--but veganism itself doesn't mean health, as Chef Del Sroufe, author of the New York Times bestseller Forks Over Knives--The Cookbook, knows better than anyone. Sroufe managed to reach 475 pounds while eating a vegan diet rich in pastries, peanut butter, and potato chips. After converting to a vegan diet with minimal processed foods, sugars and added oils, he lost more than 240 pounds without giving up great food. In Better than Vegan, Sroufe provides more than a hundred recipes that prove that the healthiest diet can also be the most delicious. Included in Better than Vegan are dishes such as: • Portobello Wraps with Spicy Asian Slaw • Gnocchi • Three Sisters Enchiladas • Lemon Berry Sorbet In Better Than Vegan, Sroufe tells his remarkable personal journey of how he went on to lose hundreds of pounds on a healthy vegan diet and then shares the kinds of meals (with no oil and low in fat and sugar) that restored him to health. With photographs by Robert Metzger and coauthored by Mad Cowboy coauthor Glen Merzer, Better Than Vegan offers healthy and professional cooking tips with nutritional advice to help you achieve the optimal vegan diet.

**500 Vegan Recipes** Celine Steen 2009-11-01 Flavorful Recipes to Suit Your Every Taste and Craving! Looking for more variety in your vegan cooking? Maybe a new type of muffin to make? Or perhaps a pasta or savory pie that's "just a little different," but full of flavor and

taste? 500 Vegan Recipes gives you the array of dishes you've been searching for, while still including all your favorite comfort foods and traditional fare. It's everything you've been looking for in a cookbook, and will be a staple reference in your kitchen for years to come. Vegans and non-vegans alike can satisfy their every craving with the recipes inside, which feature international cuisines such as Indian and Cajun, as well as hearty main courses, sinful desserts, and comforting soups and breads. Individual recipes are also marked with such distinctions as Soy Free, Gluten Free, Low Fat, and Under 30 Minutes. Recipes include: Peanut Butter and Chips Granola Wheat Germ Raisin Pancakes Banana, Peanut, and Oat Breakfast Biscuits Blooming Onion Rolls Greek Phyllo Samosas Sesame-Bean Spread Edamame Caviar Rustic Tempeh-Spinach Pie Cranberry Chili Sweet Potato, Roasted Red Pepper and Corn Bisque Pumpkin Spinach Ravioli Mexican Shepherd's Pie Apple Curry Fauxsage Roasted Caramel Nut Tartlets Cherry Almond Cookies Gluten-Free Fudge Brownies With 500 Vegan Recipes, eating healthfully has never been easier—or more kind!

*The Yoga Plate* Tamal Dodge 2019-09-24 "The Yoga Plate brings us compassion and living right for our families, our planet and our animals—a beautiful offering for good all around." —Julie Piatt and Rich Roll, bestselling authors, wellness leaders, chefs, and podcast hosts Discover 108 nourishing and delicious vegan recipes in the first modern cookbook to marry yoga's principle of ahimsa with nutrition. We take a lot of care when it comes to choosing the proper clothing for yoga, the right accessories, the best studio—but primary to these considerations is an often overlooked yet vital component of practice: our diet. How we eat might be the most important aspect of an effective practice. How we eat is a huge component to the practice because it represents how we treat and nourish ourselves. By changing the way we eat physically and consciously, we can put ourselves on the path to greater well-being. In *The Yoga Plate*, LA-based yoga power couple Tamal and Victoria Dodge introduce readers to the philosophy of yoga as it is reflected in our eating choices. The 108 recipes are designed according to the concept of ahimsa, or non-harm. "Consciously or not, we can cause a lot of harm with our eating habits," explain the authors. "Living with ahimsa means we try to cause the least harm possible to all living creatures." Each recipe takes you through your daily practice of yoga, starting with "Morning Meditations," where you'll find smoothies and breakfasts to fuel and power you through the day; "A Plate Full of Prana," with snacks, soups, and salads to revitalize your system; "A Bowl Full of Yin," with recipes to help cultivate a centered mood; and "Sweet Savasana" for restorative and beneficial dessert options. A well-rounded yoga practice includes a conscious approach to the things we eat. With *The Yoga Plate*, readers can make each meal a sacred activity to support both our practice and well-being.

**Joyful, Delicious, Vegan** Sherra Aguirre 2021-05-25 We can all learn how to enjoy good health naturally at any age—and it starts in our kitchens by changing how we eat. In *Joyful, Delicious, Vegan: Life Without Heart Disease*, Sherra Aguirre equips readers with the simplest, most effective way to prevent or reverse heart disease, our number one killer here in the US—especially for African American women, who are on the front lines of the fight against heart disease, diabetes, and other chronic illnesses. In this empowering guide to healthy eating, Aguirre shares her own story of reversing hypertension and other heart disease symptoms, despite a long family history; she presents current knowledge about the effectiveness of a plant-based diet in reversing disease; and she offers up recommendations from two world-renowned cardiologists who have demonstrated results with patients for many years.

*Joyful, Delicious, Vegan: Life Without Heart Disease* guides readers in building a simple food plan around their particular needs with delicious anti-inflammatory foods and provides support for developing the habit of mindful eating. Aguirre explores ways in which choosing a vegan diet and eating consciously are compassionate acts that can positively impact many areas of our lives—and includes tips to help readers sustain results. Full of tips for success based on Aguirre's personal experience and the experience of others, *Joyful, Delicious, Vegan: Life Without Heart Disease* is a source of inspiration, encouragement, and staying power for all readers.

**Vegetable Kingdom** Bryant Terry 2020-02-11 NAACP IMAGE AWARD WINNER • "Phenomenal . . . transforms the kitchen into a site for creating global culinary encounters, this time inviting us to savor Afro-Asian vegan creations."—Angela Y. Davis, distinguished professor emerita at the University of California Santa Cruz IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY *The New Yorker* • *The Washington Post* • *Vogue* • *San Francisco Chronicle* • *Forbes* • *Food & Wine* • *Salon* • *Garden & Gun* • *Delish* • *Epicurious* More than 100 beautifully simple recipes that teach you the basics of a great vegan meal centered on real food, not powders or meat substitutes—from the James Beard Award-winning chef and author of *Afro-Vegan Food* justice activist and author Bryant Terry breaks down the fundamentals of plant-based cooking in *Vegetable Kingdom*, showing you how to make delicious meals from popular vegetables, grains, and legumes. Recipes like *Dirty Cauliflower*, *Barbecued Carrots with Slow-Cooked White Beans*, *Millet Roux Mushroom Gumbo*, and *Citrus & Garlic-Herb-Braised Fennel* are enticing enough without meat substitutes, instead relying on fresh ingredients, vibrant spices, and clever techniques to build flavor and texture. The book is organized by ingredient, making it easy to create simple dishes or showstopping meals based on what's fresh at the market. Bryant also covers the basics of vegan cooking, explaining the fundamentals of assembling flavorful salads, cooking filling soups and stews, and making tasty grains and legumes. With beautiful imagery and classic design, *Vegetable Kingdom* is an invaluable tool for plant-based cooking today. Praise for *Vegetable Kingdom* "In the great Black American tradition of the remix and doing what you can with what you got, my friend Bryant Terry goes hard at vegetables with a hip-hop eye and a Southern grandmama's nature. To paraphrase Maya Angelou, Bryant wants us to know that once we know vegetables better, we will cook vegetables better. He ain't lyin'."—W. Kamau Bell, comedian, author, and host of the Emmy Award-winning series *United Shades of America* "[Terry's] perspective is casual and family-oriented, and the book feels personal and speaks to a wide swath of cooks . . . each dish comes with a recommended soundtrack, completing his mission to provide an immersive, joyful experience."—*Publishers Weekly* (starred review)

**The Vegan 8** Brandi Doming 2018-10-16 Five years ago, popular blogger Brandi Doming of *The Vegan 8* became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family—even the non-vegans—will love. Try *Bakery-Style Blueberry Muffins*, *Fool 'Em "Cream Cheese" Spinach-Artichoke Dip*,

Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake. The China Study All-Star Collection Leanne Campbell 2014-05-06 Following her bestselling The China Study Cookbook, LeAnne Campbell brings together top names in the plant-based community to share their favorite and most delicious recipes in The China Study All-Star Collection. Featuring your favorite chefs and cookbooks authors, The China Study All-Star Collection includes foods from Happy Herbivore chef Lindsay S. Nixon; Del Sroufe, author of the New York Times bestseller Forks Over Knives Cookbook; Laura Theodore, host of PBS' Jazzy Vegetarian; and pioneering researcher Dr. John McDougall, which all follow the nutrition standards set forth by The China Study. Even better, with delectable dishes such as Dreena Burton's Sneaky Chickpea Burgers, Heather Crosby's Peppermint Chocolate Chunk Ice Cream, Christy Morgan's Fiesta Quinoa Salad and Christina Ross's Daikon Mushroom Fettuccine, this collection of recipes has you covered for any occasion or craving. With an introduction from The China Study co-author Dr. T. Colin Campbell, The China Study All-Star Collection is the ultimate plant-based cookbook for healthful, savory eating.

Rebel Recipes Niki Webster 2019-12-26 Inspired by her travels around the globe, Niki Webster gathers some of her favourite recipes together into this rebellious new book. You won't find any limp lettuce or boring old-school vegan dishes here. Expect to find all kinds of awesomeness, such as mouth-watering spicy Indian crepes; baked aubergine with cashew cheese and pesto; sweet potato, cauliflower and peanut stew; and chocolate cherry espresso pots. While a number of vegan and plant-based books focus on health, Rebel Recipes is unashamedly about taste; it's all about pleasure, vibrancy and flavour – food for the soul. Niki's delicious recipes are brought to life with photography from Kris Kirkham.

Food52 Vegan Gena Hamshaw 2015-09-22 An essential collection of hassle-free, vibrant vegan recipes, from the author behind Food52's wildly popular The New Veganism and Vegan Lunch columns. Omnivore or vegan (or anywhere in between), we're all looking for memorable, flavorful dishes to cook for ourselves and the people we care about. If those recipes happen to be healthful, nourishing, and friendly to vegetarians and vegans, even better. With her wildly popular New Veganism column on Food52, Gena Hamshaw has inspired home cooks to incorporate plant-based recipes into their everyday routine—and even gained some nutritional yeast and cashew cheese converts. This vibrant collection of all-new recipes plus beloved favorites from the column—along with exquisite photography and helpful tips throughout—will show all of us innovative ways to cook with fresh produce and whole foods. From Savory Breakfast Polenta to Cauliflower and Oyster Mushroom Tacos to Ginger Roasted Pears with Vanilla Cream, these recipes are delicious, dependable, and deeply satisfying. Cook from this book just a couple of times and you'll soon find yourself stocking up on coconut oil, blending your own nut milks, seeking the sweetest tomatoes at the market, and looking at plant-based dishes in a whole new way.

Earthy Vegan Eats Maria Gureeva 2021-04-06 Simple, Healthy Vegan Meals without Sacrificing Time or Taste Living a more healthy, plant-based life is easy with these 60 delectable recipes. You'll be well-equipped to cook a variety of gluten-free vegan meals with as little fuss as possible—there's no need to spend long hours at the stove. Maria's recipes are the best of both worlds: They capture the comfort of satisfying, down-to-earth meals without compromising on any aspect of your diet. Start your morning with an elegant spoonful of Earl Grey Chia Pudding, or get indulgent with a savory plate of Pea and Zucchini Fritters with Smashed Avocado. When

lunchtime rolls around, dig into the packed-with-flavor Sweet Potato and Jackfruit Coconut Soup, or try some Tofu Tikka Masala with Cilantro Rice to spice up your day. Maria's dinner ideas will leave you looking forward to them all day. Serve up a sizzling Smoky Tempeh Pizza from Scratch, or a One-Pot Garlic Tagliatelle that's as mouthwatering as it is easy to make. Craving dessert instead? Grab a slice of Rich Espresso Chocolate Cake or a Vanilla Cheesecake Bar for a treat at any time of day. You'll be amazed at how quickly you can whip up these delicious vegan meals, and soon enough you'll be dazzling your friends and family with each one you try. With Earthy Vegan Eats, cooking nutritious food has never been easier or tastier!

The Rawsome Vegan Cookbook Emily von Euw 2015-12-08 "Whether you're a vegetarian, a raw vegan, avoiding dairy, a meat-lover just looking for something new and delicious or you want to lose weight and cleanse, Emily von Euw, author of the bestselling Rawsome Vegan Baking and newly released 100 Best Juices, Smoothies and Healthy Snacks, has creative recipes for savory, mouthwatering main dishes and meals. Emily's balance of raw and lightly-cooked savory recipes range from Veggie Wraps with Miso Mustard Gravy to Raw Pizza with Spinach Pesto and Yam Burgers with Daikon Fries and Ketchup. They deliver the comfort and complexity sometimes missed in vegan diets—and they're eye-catching to boot. Readers will be left feeling stuffed and satisfied. Emily's popular blog, This Rawsome Vegan Life, won the Vegan Woman's Vegan Food Blog Award and was named one of the Top 50 Raw Food Blogs. Her tempting vegan eats paired with her spectacular photography mesmerizes a strong following, "--Amazon.com.

Occasionally Eggs Alexandra Daum 2021-04-20 From the creator of the popular blog, Occasionally Eggs, comes a beautiful debut cookbook exploring the bounty of the seasons, filled with more than 110 simple vegetarian recipes. Alexandra Daum loves nothing more than harvesting her garden throughout the year, and creating satisfying, seasonally-driven recipes. In her first cookbook, Occasionally Eggs, she shows us how simple it can be to cook healthy(ish) vegetarian meals with local fruits and vegetables, and pantry staples, like grains and legumes. Hard-to-find ingredients are kept to a minimum, with a focus on flavour combinations that make the best possible use of market finds. Largely plant-based, with the exception of occasional uses of honey and eggs, this book will inspire you to include fresh, local produce in your daily meal preparation. With over 110 delicious and nourishing recipes, Occasionally Eggs will create excitement as the seasons change. You'll explore fresh, vibrant flavours in spring and summer, with dishes like Chickpea Apricot Grain Salad, Spring Pesto Pizza, Sweet Corn and Zucchini Pakoras, and Strawberry Elderflower Ginger Beer Floats. In autumn and winter, it's a time to enjoy cozier, warmer meals, including Apple Hazelnut Waffles, Sesame Roasted Delicata Squash, Smoky Mushroom Pumpkin Chili, and Tahini Date Banana Bread. Occasionally Eggs is equal parts instruction and inspiration, with substitutions, tips, and tricks to allow for intuitive cooking based on what you have on hand. In addition to her seasonal offerings, Alexandra includes chapters on useful staples and basic fermentation, so you can try your hand at a homemade kombucha or spelt sourdough, and fill your fridge with easy-to-make oat milk or tahini dressing. This is truly a year-round recipe collection and a book you'll turn to for years to come.

Go Dairy Free Alisa Fleming 2018-06-12 If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven

to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside:

- More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings
- A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more
- Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips
- A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health
- An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition
- Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations
- Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances
- Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

**Plant-Based on a Budget** Toni Okamoto 2019-05-14 Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With *Plant-Based on a Budget*, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including:

- 5-Ingredient Peanut Butter Bites
- Banana Zucchini Pancakes
- Sick Day Soup
- Lentils and Sweet Potato Bowl
- PB Ramen Stir Fry
- Tofu Veggie Gravy Bowl
- Jackfruit Carnita Tacos
- Depression Era Cupcakes
- Real Deal Chocolate Chip Cookies

With a foreword by Michael Greger, MD, *Plant-Based on a Budget* gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary *What the Health*

**Vegan Pasta Night** Brianna Claxton 2022-10-11 No meat, no cheese, no problem! Enjoy hearty, delicious Italian classics like Carbonara with Beetroot "Pancetta" and Linguine with "Clam" Sauce in *Vegan Pasta Night*.

**Healthy Happy Vegan Kitchen** Kathy Patalsky 2015 The creator of the popular vegan food blog [HealthyHappyLife.com](http://HealthyHappyLife.com) presents more than 220 innovative vegan recipes, including Vegan Philly Cheese Sandwich and Ultra Creamy Cashew Veggie Pot Pie, along with cooking techniques for vegan staples and wellness tips. Original. 25,000 first printing.

**The VegNews Guide to Being a Fabulous Vegan** Jasmin Singer 2020-12-15 Go vegan the fabulous way with this

helpful guide from an editor of VegNews, an award-winning vegan media outlet. Maybe you're interested in it for the food, maybe it's the animals, or maybe climate change has got you thinking. Whatever your reason, maybe you don't quite know where to start. After all, doesn't going vegan mean you have to give up tasty snacks, cool shoes, a sense of humor, and your leather couch? (Nope, nope, no way, well . . . eventually.) Covering everything from nutrition (you will get enough protein, promise) to dating (vegans have better sex. It's true) to fitness (you want to lift a car over your head? Sure), Jasmin Singer and the team at VegNews bust all the myths and give you all the facts about a plant-based lifestyle. With 30 easy recipes to get you started, *The VegNews Guide to Being a Fabulous Vegan* will help you adopt a lifestyle that's better for you, the animals, and the planet. And what's more fabulous than that?

**Once Upon a Chef: Weeknight/Weekend** Jennifer Segal 2021-09-14 NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. "Jennifer's recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!"—Gina Homolka, author of *The Skinnytaste Cookbook* Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously tested and crafted with an eye toward both flavor and practicality, Jenn's recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from *Marvelous Meatballs* to *Chicken Winners*, and *Breakfast for Dinner* to *Family Feasts*. Whether you decide on sticky-sweet *Barbecued Soy and Ginger Chicken Thighs*; an enlightened and healthy-ish take on *Turkey, Spinach & Cheese Meatballs*; *Chorizo-Style Burgers*; or *Brownie Pudding* that comes together in under thirty minutes, Jenn has you covered.

**Best Vegan Recipes** Jamie Isabella Parker 2014-02-13 Author and vegan cooking teacher Jamie Parker set out on a mission to compile a cookbook with the best vegan recipes ever tasted. She realized to get the best recipes, she must go straight to the source: the top vegan-serving restaurants in North America. After years of research, traveling, cooking and tasting she has created this book, *Best Vegan Recipes*. The book takes the reader on a tour across North America showing off the continent's top 38 vegan-serving restaurants and over 130 of their tastiest recipes. Every recipe in *Best Vegan Recipes* is outstanding and this book can turn even a novice cook into an exceptional vegan cook with the ability to make recipes that will impress anyone. If you are already an excellent vegan chef it will give you a host of new recipes and introduce creative ideas from top chefs across the continent. Whether you are a vegan or just want to eat more vegan food you may as well spend your life as a skilled cook eating amazing meals!

**The Easy Vegan Cookbook** Kathy Hester 2015-09-01 Quick and Tasty Plant-Based Recipes That the Whole Family Will Enjoy Bestselling author Kathy Hester hits the bulls-eye with a brand new cookbook to solve a big vegan dilemma: how to make vegan food that is fast, easy and lip-smackingly delicious. *The Easy Vegan Cookbook*, packed with 80 recipes, is a must-have cookbook for vegans with families, busy schedules, limited budgets and hearty appetites for healthy food that simply tastes good. With recipes like *Creamy Broccoli and Potato Casserole* and *Veggie "Pot Pie" Pasta*, readers will have a stockpile of quick recipes that they can count on to be delicious. Additionally, many of the recipes are gluten-free, soy-free and oil-free, for those who have other dietary restrictions or preferences. This cookbook includes

chapters such as Make-Ahead Staples and Speedy Stir-Fries, as well as recipes such as Inside-Out Stuffed Pepper Stew, Creamy Cauliflower Pesto Pasta and "Vegged-Out" Chili. No longer will weeknight meal planning be a source of stress. With *The Easy Vegan Cookbook*, vegans everywhere can enjoy easy, fast and family-friendly recipes for amazing food.

**Minimalist Baker's Everyday Cooking** Dana Shultz

2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

**Vegan Planet, Revised Edition** Robin Robertson 2014-02-11 The now-classic cookbook that revolutionized animal-free cooking, Robin Robertson's *Vegan Planet* takes you around the globe with over 425 internationally inspired, straightforward recipes that show how varied, flavorful, and exciting vegan food can be. Completely revised and updated, including 50 fantastically flavorful new recipes, Robin covers the expanded range of available whole grains; popular super greens, such as kale and chard; and ways to cook with minimal use of oils (including many recipes with no oil at all). She has added master recipes for ingredients such as vegan sausage and vegan cheese sauces, making it possible for you to avoid processed foods. After a full review of the basics of vegan cooking, find a world of delicious recipes for plant-based: appetizers; soups; salads and slaws; sauces and dressings; chutneys, salsas, and other condiments; pasta; stews and chilis; pizza; main dishes; sandwiches, wraps, and burgers; breads, muffins, and biscuits; desserts; smoothies, shakes, and other drinks; and breakfasts. Whether you are a new or experienced vegan, or are just looking to add more plant-based food to your diet, you will enjoy making and eating: Scallion Pancakes with Sesame Seeds Chilled Ginger-Peach Soup with Cashew Cream Five-Spice Moroccan Couscous Salad Roasted Cauliflower with Chorizo Sauce Sweet Noodle Kugel with Apples and Almonds African Sweet Potato and Peanut Stew Hoison-Drenched garlic Seitan with Baby Bok Choy Fresh Tomato Pizza with Basil Pesto Easy Jackfruit Tacos Ginger-Spiced Scones with Cashews and Dates Chocolate Layer Cake In this ultimate vegan cookbook, discover the spirit of adventure and of culinary creativity that has cemented Robertson's reputation at the top of the vegan pantheon.

**Against All Grain** Danielle Walker 2013-07-30 Offers recipes for a paleo diet, including Spanish frittata with chorizo, Korean beef noodle bowls, and lemon vanilla bean macaroons.

**Plantiful** Francesca Bonadonna 2021-01-12 Francesca Bonadonna, of Plantifully Based delivers a fresh and creative approach to vegan cooking in her new book, *Plantiful: Over 75 Vibrant Vegan Comfort Foods*. With an emphasis on comfort, quality, and taste, she draws upon her Italian American heritage to bring familiar flavors and delectable dishes to your table. *Plantiful* teaches you how to easily transform plant-based foods into

hearty and nourishing meals. With an array of creamy, saucy, and crispy creations, Francesca dispels any misconceptions that vegan food lacks the pleasing flavors and textures of its non-vegan counterparts. Each recipe is made from high-quality but easily accessible ingredients, with a simple format that makes cooking both easy and fun. Francesca guides you each step of the way in creating satisfying meals and snacks that are perfect for sharing. Whether you are a seasoned vegan cook or are looking to expand your repertoire of plant-based meals, she has you covered with over 75 foolproof recipes, along with kitchen tricks and tips for overcoming common challenges, allowing you to find joy and inspiration on your cooking journey! Sample recipes include: • Vegan Chorizo and Potato Breakfast Tacos • Greek Nachos • Popcorn Chick'n • Sweet Gochujang Tempeh Bao • Buffalo Chick'n Sandwiches • Vegan Mac and Cheese • Yellow Split Pea Cannellini Bean Stew • Zeppole  
**Dada Eats Love to Cook It** Samah Dada 2021-06-08 A healthy vegetarian cookbook featuring inventive takes on beloved Indian dishes, indulgent desserts, and more, all made with whole foods and anti-inflammatory ingredients—from the Today show's resident foodie "When I'm looking for something quick that doesn't use refined sugars and refined flour, Samah is the person I turn to. I can't get enough!"—Giada De Laurentiis, New York Times bestselling author of *Eat Better, Feel Better* Samah Dada doesn't buy into the all-or-nothing mentality of healthy eating. By using real, unprocessed ingredients in surprising ways, she shows you how to have your cake and eat it too—because it's actually made out of chickpeas. Samah knows that eating well doesn't mean eating boring food. She uses only the most nutritious ingredients, not because she's cutting out food groups to follow the latest fad, but to create drool-worthy meatless dishes that are mostly vegan (with options for dairy and eggs), mostly gluten-free (with easy substitutions to go entirely gluten-free), and all helpful in reducing inflammation. She reinvents Indian cookbook staples—and other classics—with recipes such as: • Sweet Potato Aloo Tikki • Creamy Black Lentils • Spicy Eggplant Masala • Chocolate Chip Tahini Cake with Chocolate Frosting • Cauliflower Cacio e Pepe • Masala Mac and Cheese • And more! With *Dada Eats Love to Cook It*, you'll discover how to use healthy ingredients for maximum flavor and joy. Grain-Optional. Gluten-Flexible. Mostly Plant-Based. Totally Inclusive.

**The Friendly Vegan Cookbook** Michelle Cehn 2020-10-27 The founder of World of Vegan and the author of *Plant-Based on a Budget* have teamed up to create the ultimate kitchen resource for longtime vegans and the veggie-curious alike, with 100 foolproof, flavor-forward recipes. Eating vegan doesn't have to mean a lifetime of bland veggie burgers and boring salads—nor does it have to make every shared meal a source of stress. As all plant-based cooks know, when it comes time to please a crowd, the pressure is on. You want to serve delicious, memorable dishes, and you're also well-aware that many will be skeptical of vegan food measuring up to their favorites. Enter Michelle Cehn and Toni Okamoto, longtime friends and two of the most trusted figures in the online vegan community. Through their popular food blogs, videos, podcast, and cookbooks, the two have helped millions of people make living vegan easy, fun, and delicious. Michelle and Toni share 100 amazing recipes for satisfying meals, snacks, and treats, designed for both the veggie-curious and longtime vegans looking for a trusted recipe resource. In *The Friendly Vegan Cookbook: 100 Essential Recipes to Share with Vegans and Omnivores Alike*, you'll find rigorously tested, no-fail recipes including favorites such as: • Fettuccine Alfredo • Sushi • Pot Pie • Breakfast Burritos • Pop Tarts • Chocolate Mousse • Cinnamon Rolls • Mac 'n' Cheese • Corn Chowder • Chewy Brownies Michelle and Toni also share their go-to kitchen tips to

make meal planning a breeze, helpful shopping lists, and directions for making your own staples—nut milks, dressings, pasta sauces, and breads. The Friendly Vegan

Cookbook is filled with meals that will become your new favorites and go-to staples for when you have meat-eaters to impress. Because amazing food should be shared.