

Happy Hour Vegan

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

What do you get when you combine the best of paleo with the best of vegan? Pegan! Hyman explains how to combine the best aspects of the paleo diet (good fats, limited refined carbs, limited sugar) with the vegan diet (lots and lots of fresh, healthy veggies). The result is a diet that is not only good for your brain and body, but also good for the planet. Recipes are included. Vegan Recipes That'll Punch Your Taste Buds in the Mouth Natalie Slater has been described as "Martha Stewart meets Iron Maiden," taking vegan cooking to places it has never been before. Influenced by slasher films, pro-wrestling, punk rock and heavy metal, her quirky-yet-delicious comfort foods are a refreshing take on vegan eating with award-winning flavors. Along the way, her off-color humor, irreverent rants and density of pop-culture references will make you laugh out loud. Inside this high-energy cookbook you'll find recipes for Bike Messenger Brownies—inspired by the espresso-infused chai latte these speed demons use to fuel up; and Crouching Cornbread, Hidden Broccoli—Natalie's sneaky way of getting her son to eat vegetables. Other creations include the Grilled Mac 'n' Cheez Sandwich, Taco Lasagna, Chick-O Cheesecake, and her Shepherd's Pie Pizza, about which she writes, "Some people were born to rock n' roll. Others were born to ride. I was born to put mashed potatoes on pizza." Bake and Destroy was named one of the most anticipated cookbooks of the year by VegNews.

Over 250 recipes organized by themes including cafe culture, breakfast at the diner, lunch cart, urban garden, haute cuisine, "just desserts," and happy hour. At-a-glance icons signify which recipes are low-fat, fast, omnivore-friendly, kid-friendly, and frugal. Also included are essential tips covering vegan cuisine, an overview of the vegan pantry, and numerous menu ideas that will please even the staunchest omnivores!

Now with additional color photos and a new cover. This wide and wonderful array of vegan recipes appeals to a broad range of tastes, from sophisticated to soul-satisfying. With 8 all-new color photos plus completely redesigned covers, this book contains recipes for every meal and occasion. From appetizers, soups, salads and wraps to grains, desserts and baked goods these dishes are consistently tasty, always built around readily available ingredients and are quick to prepare. Appetizers Spicy Black Bean Dip, Asian Vegetable Turnovers, Layered Nachos Soups Minestrone, Spicy Squash and Fennel Soup, Gazpacho, Fresh Minted Pea Soup Salads, Sandwiches and Wraps Quinoa Salad with Grapefruit and Avocado, Eggplant, Olive and Basil Wrap Casseroles, Tofu and Legumes Shepherd's Pie, Curried Vegetables with Tofu, Savory Artichoke Pie For the Kids Cheeseless Pizza, Baked French Fries, Banana and Almond Butter Pita Pockets Pastas and Grains Pasta Putanesca, Coconut-Flavored Polenta with Beans and Peppers, Tabbouleh Desserts and Baked Goods Banana Chocolate Chip Pudding Bread, Cranberry Orange Scones, Brownies. Also included are helpful tips and pantry lists for stocking a vegan kitchen as well as a practical guide to cooking terms and techniques.

After vegan chef Lindsay S. Nixon wrapped up her popular cookbook The Happy Herbivore Cookbook last year, she went back to her kitchen in her new home of St. Maarten. Island living encouraged her to come up with simpler recipes, which led her to create a follow-up cookbook with a focus on recipes that bring tasty back to quick-and-easy. Now, in Nixon's much-anticipated follow-up cookbook, Everyday Happy Herbivore, readers will see, once again, that just because plant-based eating is optimal for health, that doesn't mean it has to be expensive or time-consuming. Everyday Happy Herbivore will include more than 175 doable recipes—recipes that are so quick and easy, you could cook three healthy meals from scratch every day. Each of Nixon's recipes are made with wholesome, easy-to-find, fresh ingredients and include no added fats. With additional notes indicating recipes that are ideal for preparing ahead of time and those you can whip up with just a few dollars, Everyday Happy Herbivore will be the must-have cookbook for anyone desiring a healthier, happier menu!

Drawing from his own experiences following a vegan diet for almost twenty years and the latest research about the dangers of eating animal products, Simmons explains how eating compassionately will potentially save your life and the world.

The 50 plant-based boards and platters in Vegan Boards are incredibly beautiful to the eye and deliciously tempting to the palate. The most exciting vegetable cooking in the nation is happening at Vedge, where in an elegant nineteenth-century townhouse in Philadelphia, chef-proprietors Rich Landau and Kate Jacoby serve exceptionally flavorful fare that is wowing vegans, vegetarians, and carnivores alike. Now, Landau and Jacoby share their passion for ingenious vegetable cooking. The more than 100 recipes here—such as Fingerling Potatoes with Creamy Worcestershire Sauce, Pho with Roasted Butternut Squash, Seared French Beans with Caper Bagna Cauda, and Eggplant Braciolo—explode with flavor but are surprisingly straightforward to prepare. At dessert, fruit takes center stage in dishes like Blueberries with Pie Crust and Lemonade Ice Cream—but vegetables can still steal the show, like in the Beetroot Pots de Crème. With more than 100 photographs, behind-the-scenes anecdotes, and useful tips throughout, Vedge is an essential cookbook that will revolutionize the way you cook and taste vegetables.

Are you craving a way to eat killer food without killing yourself, animals, or the planet? Is your brain bloated from watching cooking shows that present recipes you're never, ever going to make? Have you been searching for a way to prove to your friends that

vegan food can be just as delicious, hearty, and satisfying as the meaty meals they're accustomed to? Then this is the book for you. Of his journey from watching food porn on his parents' couch to cooking in Hollywood kitchens to becoming vegan, author Brian Patton writes: My roommate said he didn't know what made me a bigger loser: that I was painstakingly preserving episodes of 30 Minute Meals or that I was trying to conceal their existence by labeling them Star Trek....Once I discovered that I could not only survive but thrive without taking the life of another being, I was sold. I was a vegan. For good. And that's how an "ordinary dude" became the Sexy Vegan and started creating "extraordinary food" with a decidedly real-meal appeal. On every page, Brian proves that seriously good food needn't be too serious.

At last! Easy plant-based recipes to make the whole family happy. 'Whether you're a fully-fledged and dedicated vegan, someone that eats vegan when cooking at home but veers off when out and about, or completely new to vegan food, I hope you enjoy the process of recreating these recipes and ultimately of eating the finished results' Fearne x So, what's a Happy Vegan? One that's well fed, well-nourished and satisfied by the delicious and innovative plant-based recipes they're cooking ... With simple recipe hacks and flexible options, delicious classics and fresh ideas, Happy Vegan will inspire you to eat plant-based food full time, part time or any time. It's packed with comforting, easy-to-make dishes that will become your everyday favourites and go-to fridge raiders. Recipes include ideas to start the day right, for lunch on the go, some long and lazy slow cooking, dishy dinners, sharing feasts, party time and irresistible sweetest things. From burgers to brownies, casseroles to cakes, Happy Vegan shows you that vegan food is for everyone ... and you won't even notice there's no meat or dairy. Just happy faces. PRAISE FOR FEARNE COTTON'S COOKBOOKS: '... easy ways to feed everybody and put a smile on their faces while you're at it' Sunday Mirror 'Congrats on your brill new book!' Jamie Oliver

Long regarded as the missing link in the plant-based world, vegan cheese has come home to Main Street! With more than 125 recipes for every cheesy craving, John Schlimm has you covered from breakfast to lunch to a hearty dinner with family and friends. From easy recipes for everyday cheeses (including Cheddar, Swiss, mozzarella) to ultimate comfort food like Mac 'n' Cheese, Cafe Broccoli & Parmesan Quiche, Triple Your Pleasure Fondue, and the Cheesecake Extravaganza, you can include in all your cheesy favorites ... with none of the dairy.

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!

The Topsy Vegan 75 Boozy Recipes to Turn Every Bite into Happy Hour Da Capo Lifelong Books

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in The Happy Herbivore Cookbook, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. The Happy Herbivore Cookbook includes: • A variety of recipes from quick and simple to decadent and advanced • Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe • An easy-to-use glossary demystifying any ingredients that may be new to the reader • Healthy insight: Details on the health benefits and properties of key ingredients • Pairing suggestions with each recipe to help make menu planning easy and painless • Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

"Brian Patton, a regular guy rather than a celebrity chef, began posting videos on YouTube as his witty, ukulele-playing alter ego, "the Sexy Vegan." Celebrity status ensued. When Patton fell in love, he offered to prepare Friday night Happy Hours for his beloved. The result--as word of mouth spread amongst the couples' friends--is the contents of this book: 20 parties packed with yamburger sliders, grilled asparagus and figs, green bean fries, rigatoni poppers, and a variety of potent potables. With the same user-friendly flair that led Vegan.com to describe Patton's The Sexy Vegan Cookbook as "jam-packed with unfussy yet inventive recipes that anyone can make," this is food - and fun - for Fridays and any day"--

An elevated guide to the craft of pasta-making by rising star chef Thomas McNaughton of San Francisco's hottest Italian restaurant, flour + water. Chef Thomas McNaughton shares his time-tested secrets to creating simple, delicious, and beautiful artisan pasta—from the best fresh doughs to shaping and cooking every type of pasta. A true celebration of Italy's pasta traditions, flour + water includes fifty seasonally influenced recipes for home cooks of every skill level. The recipes cover the flavor spectrum from well-loved classics to inventive combinations, such as Tagliatelle Bolognese; Pumpkin Tortelloni with Sage and Pumpkin Seeds; Tomato Farfalle with Chicken Polpettine, Roasted Peppers, and Basil; and Asparagus Caramelle with Brown Butter. With guidance from McNaughton and the secrets of flour + water's dough room, anyone can learn to make amazing pasta at home.

Presents vegetarian recipes for soups, appetizers, salads, pasta, Mexican-style dishes, main dishes, and desserts

The Vegan Way is a book filled with everything Jackie Day has learned as a happy vegan, a health educator, and author of the popular vegan blog, My Vegan Journal. A lifestyle guide that's a real game-changer, The Vegan Way is for those who are intimidated by going vegan overnight, but don't want the transition to stretch out for months or even years. In a 21 day plan that emphasizes three core reasons for

going vegan—being as healthy as you can be, being compassionate to animals, and respecting our planet—Jackie provides inspiration along with a specific goal to achieve with all of the support you need to accomplish it. It might be something as simple as switching out your coffee creamer for vanilla almond milk or kicking the cheese habit. Readers will learn where to dine and what to order when eating out, the most vegan-friendly places to visit, how to avoid clothing made from animals, and how to decipher those pesky ingredients lists. And throughout, Jackie will be providing glimpses into the finer points of vegan living, giving readers something to aspire to as they get past Vegan 101. Readers will also find a handful of easy and delicious recipes sprinkled throughout. The Vegan Way is a road map that puts positive thoughts about health, the environment, and animals into action, transforming your life into a vibrant, healthy, and compassionate one.

Karoline Jönsson made her breakthrough in 2012 when her vegetarian food blog

Sistah Vegan is a series of narratives, critical essays, poems, and reflections from a diverse community of North American black-identified vegans. Collectively, these activists are de-colonizing their bodies and minds via whole-foods veganism. By kicking junk-food habits, the more than thirty contributors all show the way toward longer, stronger, and healthier lives. Suffering from type-2 diabetes, hypertension, high blood pressure, and overweight need not be the way women of color are doomed to be victimized and live out their mature lives. There are healthy alternatives. Sistah Vegan is not about preaching veganism or vegan fundamentalism. Rather, the book is about how a group of black-identified female vegans perceive nutrition, food, ecological sustainability, health and healing, animal rights, parenting, social justice, spirituality, hair care, race, gender-identification, womanism, and liberation that all go against the (refined and bleached) grain of our dysfunctional society. Thought-provoking for the identification and dismantling of environmental racism, ecological devastation, and other social injustices, Sistah Vegan is an in-your-face handbook for our time. It calls upon all of us to make radical changes for the betterment of ourselves, our planet, and by extension everyone."

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.

From Holy Stromboli to Figgy Lifting Drinks What started as a casual weekly tradition at the Patton household resulted in these twenty delectably diverse happy hour menus. From yamburger sliders, samosa pizzas, and green bean fries to rigatoni poppers and a variety of innovative cocktails, this is seriously fun food for Friday — or any — night! Wow your friends! Impress your family! Woo that special someone who might need a little convincing of your specialness! Open The Sexy Vegan's Happy Hour at Home and:

- * learn the ninja time-management skills of professional chefs to whip up snacking feasts in about an hour
- * make your produce procurement easier with handy-dandy premade shopping lists
- * concoct unique potent potables and lovable libations
- * travel the world without leaving your balcony, from Little India to New New England to Really Little Italy
- * fill your belly with fabulous food that's free of your furry friends

Sample amazing vegan dishes from around the world—right in your own kitchen. HappyCow.com helps millions of people everywhere find delicious vegan and vegetarian cuisine across the globe through the site's extensive database of restaurants and reviews. Now, Eric Brent, creator of HappyCow, and Glen Merzer, coauthor of Better Than Vegan and Food Over Medicine, bring the HappyCow concept home with a collection of nutritious and delicious dishes from top-rated vegan restaurants around the world. Featuring recipes from many of the world's finest and most popular vegan restaurants, The HappyCow Cookbook shares the history and evolution of each restaurant, provides Q&As with the owners, and teaches you how to make some of their mouthwatering dishes. With entrées like Blackbird Pizzeria's Nacho Pizza, desserts such as Sublime Restaurant's Apple Crumble Pie à la Mode, and drinks such as El Piano's Granada Chai tea, HappyCow fans and newcomers alike will enjoy a selection of international gourmet vegan fare from the comfort of their own kitchens. The HappyCow Cookbook is a must-have guide for vegetarians, vegans, and those who simply want to experience some of the most delicious and healthy food on the planet.

Pizza Camp is the ultimate guide to achieving pizza nirvana at home, from the chef who is making what Bon Appetit magazine calls "the best pizza in America." Joe Beddia's pizza is old school—it's all about the dough, the sauce, and the cheese. And after perfecting his pie-making craft at Pizzeria Beddia in Philadelphia, he's offering his methods and recipes in a cookbook that's anything but old school. Beginning with D'OH, SAUCE, CHEESE, and BAKING basics, Beddia takes you through the pizza-making process, teaching the foundation for making perfectly crisp, satisfyingly chewy, dangerously addictive pies at home. With more than fifty iconic and new recipes, Pizza Camp delivers everything you'll need to make unforgettable and inventive pizza, stromboli, hoagies, and more, with plenty of vegetarian options (because even the most die-hard pizza lovers can't eat pizza every day). In this book you will find pizza combinations that have gained his pizzeria a cult following, alongside brand new recipes like: --Bintje Potato with Cream and Rosemary --Collard Greens with Bacon and Cream --Roasted Corn with Heirloom Cherry Tomato and Basil --Breakfast Pizza with Cream, Spinach, Bacon, and Eggs Designed by Walter Green, art director of Lucky Peach, and packed with drawings, neighborhood photos, and lots of humor, Pizza Camp is a novel approach to homemade pizza.

More than 100 elegant, plant-based recipes from the acclaimed chef who's trailblazing "a new kind of flavor-first vegan cooking . . . Stunning" (Food & Wine). At his Los Angeles restaurant, Crossroads, Tal Ronnen is reinventing plant-based eating. The menu may be vegan, but there are no soybeans or bland seitan to be found. Ronnen and his executive chef, Scot Jones, turn seasonal vegetables, beans, nuts, and grains into sophisticated Mediterranean fare—think warm bowls of tomato-sauced pappardelle, plates of spicy carrot salad, and crunchy flatbreads piled high with roasted vegetables. In Crossroads, an IACP Cookbook Award finalist, Ronnen shares more than 100 accessible, unfussy recipes, all photographed in sumptuous detail. Here you will find vegan cuisine for the modern palate, with everything from weeknight dinners to snacks and appetizers, special occasion meals, desserts, and more. "Best Food Books of 2015" —USA Today Included are 35 Years of recipes (over 350) and reflections from the landmark vegetarian restaurant.

America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

Vegan Cupcakes Take Over the World meets The Boozy Baker meets Vegan Comfort Food in this full-color, hip cookbook. Award-winning author John Schlimm brings together everyone's two favorite hangouts: the kitchen and the bar. A member of one of the oldest brewing

families in the United States and author of the largest beer cookbook ever published, Schlimm knows a thing or two about boozing up his food. The Tippy Vegan showcases plant-based recipes using favorites from the bar circuit—wine, beer, vodka—as key ingredients. From spiked appetizers, soups, and salads to blitzed main dishes, desserts, and, of course, cocktails, these buzz-worthy recipes make sure you have a blast, whether you're preparing for a houseful of guests or a party for one. Recipes include: Carousing Cucumber Rounds with Rummy Hummus, Plastered Portobello Mushroom Satay, Wild Rice Under the Influence, The Hotta Frittata with Chopped Jalapeño Pepper, Slur-Baaaaked Peaches with Cointreau, Bottom's Up VegeBean Stew, Bad-Ass Beer Cake with Bourbon Raisins and Amaretto Frosting, and more.

Winner of the International Book Awards, Green Book Festival, and Readers' Favorite Book Awards Do you wish you could have your pasta and eat it too? So do Sandra and Susan Sellani, twin sisters who transformed the traditional Italian comfort foods of their childhood into healthier, plant-based versions. Sandra, a West Coast vegan, and Susan, an East Coast omnivore, have collaborated to create a rational approach to leaning in to vegan for those over forty. The 40-Year-Old Vegan includes a fifty-two-week plan to easily transition to a plant-based lifestyle, with old-fashioned, recognizable vegan recipes and a realistic vision for looking and feeling good in the second half of life—without having to squeeze into a pair of size-two Spanx! Recipes include: Lentil Shepherd's Pie Manicotti Florentine with Cashew Ricotta Zucchini Noodles with Lemon Walnut Pesto Unstuffed Poblano with Macadamia Cojita Jackfruit Chili Rocky Road Nice Cream And more! Mercy for Animals is a beneficiary of 10% of author proceeds.

The No 1 bestselling cookery book in Ireland - for two years running! 'These lovely boys always create incredibly tasty food.' Jamie Oliver Let's face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we're not sure how to turn all that great produce into great food. Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour. The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a café. Their revolution has not only succeeded, but it is spreading, and The Happy Pear's fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars. David and Stephen's first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they've succeeded in building a food business based on flavour, health and community. 'The poster boys for a healthy way of life' Sunday Times 'Proper good food ... hearty, decent and delicious' Russell Brand 'I love The Happy Pear ... genuinely good food that brings healthy eating in from the cold' Irish Times 'My favourite [vegetarian cookbook] ... packed with recipes, health advice and inspirational stories.' Huffington Post 'A beautifully presented book with mouthwatering photography' Woman's Way 'A healthy eating phenomenon' Mail on Sunday 'These Irish twins are on a roll' Time Out '[They] couldn't look healthier or happier ... the poster boys for vegetarianism in Ireland' The Times

A diverse and delicious collection of over 250 vegan recipes from the experts at Vegetarian Times magazine. Whether you're vegan for a day, a week, a lifetime, or even just for lunch hour, you're always on the lookout for deliciously satisfying animal-free recipes. Vegetarian Times Everything Vegan is the something-for-everyone vegan cookbook with hundreds of tasty, healthful recipes that can woo even omnivores to the possibilities of plant-based eating while wowing committed vegans and vegetarians. Beautifully illustrated and accompanied by a thoughtful and informative foreword by Neal D. Barnard, MD, Vegetarian Times Everything Vegan is a must-have resource for anyone who lives vegan, loves cooking, or is looking for healthy meal ideas with proven weight-loss benefits. Inside, you'll find: • 250+ easy, healthful recipes with nutrition information • 50+ beautiful full-color photos • Features, tips, and sidebars that provide helpful hints on food shopping, prepping ingredients, and speeding up cooking times

Clean Eating Lifestyle ----- Plant based diet and nutrition: Millions of people have turned to a plant-based diet for the sake of both themselves and the planet. Now, tens of thousands of people have put down their knives in favor of a vegan or vegetarian diet for weight loss or to control blood pressure and cholesterol. Not-so-healthy carnivore to healthy clean eating vegan: Author Alice Mary Alvarez shares her journey from not-so-healthy carnivore to urban homesteader who turned her health around and contributes to a healthier planet as well. This utterly unique vegan cookbook offers over 100 easy-to-make vegan recipes and many basic woman eco-warrior and plant-powered cook recipes. Alvarez shares her green-living methods and cooking techniques as well as sage advice about food and nutrition. Eating your veggies is essential to good health, especially for families and children. Growing the organic veggies you eat is even better! Living vegan and going green tips and tricks: As instructive as it is inspiring, this book is brimming with excellent information about avoiding unhealthy food additives and the importance of eating clean and getting educated about your diet. It is also packed with tips and tricks for living vegan and making sure your home and clothing are cruelty-free. Going green and vegan is easier than you think and this book offers a year's worth of ideas, yummy recipes and ways you can create a sustainable life. More than just a cookbook, Vegans Save the World is necessary reading for anybody considering a vegan lifestyle and a must-have for veggie families with children.

Bright, clean, and hip recipes to enchant vegans, vegetarians, and omnivores alike, from plant-based haven Café Gratitude. Before it was a fixture on the L.A. dining scene and a magnet for celebrity diners, Café Gratitude was founded in the Bay Area with the simple ethos that joy derives from loving and being grateful for food, health, and good company. The dishes are named to double as affirmations of self. "I Am Fearless," "I Am Humble," and "I Am Open-Hearted" nod to the restaurant's core belief that food is just as much about spirit as it is about appetite. Since then, the café has evolved quite a bit. It's changed locations, expanded, and been the backdrop for more paparazzi shots than one can count. But the founding principles have remained the same, and the food continues to celebrate the flavors of plants with organic, from-scratch, and healthful ingredients free of animal products, processed soy, and, in almost all cases, refined sweeteners. Now, with Love is Served, Seizan Dreux Ellis, executive chef at Café Gratitude, brings Gratitude-quality meals to your table and the soul and mission of the restaurant to your home. Indulge in café favorites "I Am Awakening" (Raw Key Lime Pie) and "I Am Passionate" (Black Lava Cake) while cooking up hearty, nourishing dishes like Grilled Polenta with Mushroom Ragout ("I Am Warm-Hearted") and Radicchio, Roasted Butternut Squash, and Sundried Tomato Pesto Grain Salad ("I Am Gracious"). With unfussy methods and easy-to-access ingredients, this cookbook makes the wholesome satisfaction of the restaurant as accessible as ever for the home cook as it charms and inspires readers to change the way they look at food.

Interested in eating and living in a more conscious way? Want to eat well with nature's best ingredients while being aware of where our food comes from? Think taking better care of the land and people who grow these ingredients is important? Welcome to the Farmacy Kitchen, where you will find inspirational ideas for conscious living and delicious recipes for plant-based eating. The Farmacy ethos is about bringing attention back to nature, simplicity and balance. We love to follow the concept of 'simple abundance' in the food we create, using fresh, colourful and whole foods in inspired combinations for maximum taste, digestion and enjoyment. We know how good food tastes when it's made with love and intention. It's a creative process that brings care into the kitchen to make great-tasting food to nourish the body and energise the soul. A process that you can now bring to your own kitchen with the help of this book.

The chef from Seattle's Plum Bistro shares her views on using organic, seasonal ingredients for vegan dishes, outlining her philosophies about sustainable business ownership while sharing a variety of recipes that focus on nutritious eating.

Possibly a vegan's best friend, tofu is a wonderful protein-packed, nutrient-dense superfood containing iron and calcium and other essential

vitamins and minerals. Plus it is super versatile and can be used in any number of sweet and savoury dishes from stir fries to smoothies. Totally Tofu brings you 75 inventive recipes for breakfasts and brunches, snacks and drinks, light bites and salads, main meals and even sweet desserts. So whether you are looking for a delicious eggy vegan tofu scramble for breakfast, a post work out strawberry tofu smoothie, a buddha bowl with crispy tofu for lunch or a black bean and tofu filled taco for dinner followed by a scrumptious tofu brownie, then this is the book for you.

Compiles over seventy-five Vegan recipes utilizing liquor, including soups, salads, and desserts.

If you love to eat Thai food, but don't know how to cook it, Kris Yenbamroong wants to solve your problems. His brash style of spicy, sharp Thai party food is created, in part, by stripping down traditional recipes to wring maximum flavor out of minimum hassle. Whether it's a scorching hot crispy rice salad, lush coconut curries, or a wok-seared pad Thai, it's all about demystifying the universe of Thai flavors to make them work in your life. Kris is the chef of Night + Market, and this cookbook is the story of his journey from the Thai-American restaurant classics he grew eating at his family's restaurant, to the rural cooking of Northern Thailand he fell for traveling the countryside. But it's also a story about how he came to question what authenticity really means, and how his passion for grilled meats, fried chicken, tacos, sushi, wine and good living morphed into an L.A. Thai restaurant with a style all its own.

Platters and Boards — Entertaining dishes and party dishes your guests will love Entertaining and party dishes from Platters and Boards: Celebrated author and food blogger Shelly Westerhausen shares the secrets to creating casually chic spreads anyone can make and everyone will enjoy (and envy) in her bestselling Platters and Boards cookbook. This visual cornucopia of a cookbook is the guide to entertaining with effortless style. Platters and Boards is an inspiring resource for throwing unforgettable get-togethers: Organized by time of day, 40 contemporary arrangements are presented with gorgeous photography, easy-to-prepare recipes, suggested meat and drink pairings, and notes on preparation and presentation. Helpful advice includes: Tips on portioning Guides to picking surfaces and vessels Recommendations for pairing complementary textures and flavors A handy chart featuring board suggestions for a variety of occasions (from holiday parties to baby showers) Fans of Cook Beautiful, The Art of the Cheese Plate, InStyle Parties, Magnolia Table, and Cravings will love Platters and Boards.

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