

# Vegan 100 Delicious Recipes For The Beginner Vegan Lean Meals Diet Plansslow Cookerrecipes Vegan Cookbookvegan Dietvegan Recepiesvegan Ice Creamvegan Cookervegan Protein Powdervegan Protein

More than 100 quick, delicious, and colorful vegan dinners on a budget from the founder of the massive social media platform Cooking for Peanuts, with a foreword by Jonathan Safran Foer. Nisha Melvani appreciates that it's hard for many people to commit to being 100% vegan. But committing to one vegan meal a day--dinner--is much more feasible. For those trying to incorporate more vegan meals into your diet, Practically Vegan is your go-to weeknight dinner cookbook and the perfect entry to veganism. A certified dietitian and nutritionist, Melvani offers solid, tested vegan recipes and a non-militant approach for those wanting to eat less meat. Plant-based cooking will no longer feel intimidating with easy-to-find ingredients that you will use in the kitchen over and over again. Inspired by the flavors she was introduced to while growing up in Jamaica, England, and Canada, as well as her own Indian heritage, Melvani shares over 100 delicious recipes, including Creamy One-Pot Cheesy Broccoli Pasta Soup, Cauliflower Sweet Potato Curry, Sesame Noodle Veggie Stir-Fry, Mushroom Bourguignon, and more, accompanied by a foreword written by bestselling author Jonathan Safran Foer, who urged Melvani to write this cookbook after feeding his family her recipes. With easy-to-follow directions and handy sidebars offering substitutions and culinary tips and tricks, Practically Vegan will be the helping hand you need to prepare a vegan dinner for yourself or your family with confidence.

"Straight from the ground and right to your table, the Plant Based Cookbook provides delicious and unprocessed recipes for a delicious, satisfying, whole foods diet"--

"First published in 2015 by Fair Winds Press, an imprint of The Quatro Group"--Title page verso.

Enter Chloe's Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Network's hit show Cupcake Wars, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of America's favorite foods. Whether you're newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, you'll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloe's first-ever cookbook, illustrated throughout with gorgeous full-color photos of the mouthwatering dishes, offers helpful advice on how to set up your own kitchen for stress-free, healthful eating,

as well as nutritional information, with support from the foreword by well-known physician Neal D. Barnard, M.D. Foodies of all stripes will revel in the huge array of incredibly appetizing, inventive recipes, all made with easily available ingredients, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy Fettuccine Alfredo, crave-inducing sliders and fries, and adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike. With Chef Chloe, eating vegan doesn't mean giving up your favorite treats and flavors. Those with food allergies will appreciate the instructions throughout for making these meat-, egg-, and dairy-free recipes without gluten and soy, so everyone can enjoy them. And the icing on the (cup)cake is her renowned, coveted desserts—including the first publication of the recipes for her Cupcake Wars—winning vegan cupcakes—the ultimate indulgence without busting your belt.

For anyone who takes fitness seriously—from committed to weekend athletes—the vegetarian recipes of bestselling author and nutritionist Anita Bean will fuel workouts and aid recovery. The way we eat is changing. More and more of us are opting to eat fewer animal products or to cut them out entirely. Eating well to support a training regimen presents its own challenges, but as celebrated nutritionist Anita Bean shows, it is possible to eat delicious, healthy food and reach your athletic potential. Her new cookbook offers athletes—from weekend warriors to professionals—more than one hundred easy-to-prepare vegetarian and vegan recipes for breakfast, main meals, snacks, and more to allow the kind of performance every athlete aspires to, featuring gorgeous food photography and nutritional information for every recipe.

You can eat incredibly well and make a significant contribution to saving the planet. Celine Steen's uplifting No-Waste Save-the-Planet Vegan Cookbook shows you how with delicious recipes and practical advice. Plant-based foods have a dramatically lower negative impact on the environment than meats and animal products, as hundreds of studies have revealed. If you are a vegan and eat plant-based foods only, chances are you know this already. If you are a vegetarian or an omnivore, you probably have heard that this is one of the many reasons—quite aside from the ample health benefits of eating more plants and plant products—for adding more plant-based meals to your weekly routine. In the pages of this inspiring and eminently practical book you will discover: More than 100 earth-friendly, utterly delectable recipes, from splendid soups, substantial sides, and glorious salads to vibrant main courses and even sweet desserts, that leave no unusable waste behind and use all the parts of the produce we have grown or bought. Practical guidance on how to shop for and eat local produce whenever possible, even when you live in a cold climate with limited crops nearby. Surefire tips on how to save, store, and cook the parts of plants that you might be throwing out now. Advice on how to buy and store food with little to no packaging—and zero non-recyclable, non-biodegradable packaging. Imagine how good you will feel by upping your game at dinnertime and at the same time

reducing your food-related carbon footprint as far as it will go.

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.

Gujarati cuisine is traditionally boiled, baked, steamed, or stir-fried – creating light and healthy meals that are still packed with flavour. This cookbook explores authentic cuisine from the west coast of India – with recipes adopting the region's explosive combination of sweet, spicy, and sour flavours. Unlike the heavier curries and deep-fried foods that we often associate with Indian cuisine, *From Gujarat With Love* offers a new insight on cooking appropriate for vegans, vegetarians, and anyone who wants to create meat-free meals. Featuring easy recipes for classic small plates, popular street food, and everything in between — from bite-sized appetisers and filling dals to classic curries, decadent desserts, and refreshing beverages. Vina Patel has made her recipes accessible for home-cooks everywhere, including prep and cook times, and any relevant dietary requirements for each recipe. Chapter outline: Introduction (includes an intro to Gujarati Cooking, Cooking Techniques, Essential Ingredients and Basic Recipes) Chutneys and other condiments, Salads and Raitas, Appetizers, Dals and Soups, Curries, Breads, Rice and Khichdi, Drinks and Desserts. Recipes include Spicy Pea Croquettes, Curry Cashew Masala, Smoky Aubergine Curry, Green Chickpea Salad, Spinach Chaat, Thin Layered Roti and Kheer with Cherries. World-renowned food photographer Jonathan Lovekin photographs the vibrant and colourful dishes, and there are atmospheric photographs of Gujarat

throughout. This book transports the reader to the site of these dishes – with compelling stories from Gujarat coupled with delicious plant-based recipes from the region.

The quintessential collection of plant-based deliciousness from “an acclaimed authority on vegan cooking” (Publishers Weekly). This enticing collection of 100 recipes will inspire any cook, vegan or not, with recipes such as Asparagus Edamame Bisque, Bahn Mi Tostadas, Provencal Burgers, Country-Fried Tofu with Golden Gravy, and Crazy for Carrot Cake. With complete information on the vegan kitchen and pantry, vegan proteins, and vegan baking, this indispensable kitchen companion makes anyone into a successful cook. 100 Best Vegan Recipes has creative, meat-free, dairy-free ideas for: snacks and appetizers soups and stews lunches and brunches pasta, beans and grains sides desserts Includes photos

From Sam Turnbull, the bestselling author of Fuss-Free Vegan, and creator of the blog It Doesn't Taste Like Chicken, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food--on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam Turnbull's Fast Easy Cheap Vegan, she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snackers, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry–Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.

Tempted to try your hand at vegan food but don't know where to start? Or even just to make meat-free Monday a regular thing? Long gone are the days of vegan food being dull and worthy: Vegan 100 is bold, vibrant and gorgeous. Going vegan was the best decision Gaz Oakley ever made. Gaz, aka Avant-Garde Vegan, was once a meat eater and often didn't feel well. Overnight, he decided to go vegan for the health benefits, for his love of animals and to do his part in

looking after the planet. He found that, as a trained chef, it was surprisingly easy to get big tastes and colours into vegan dishes without compromise, and he also noticed an improvement in the way he felt. The emphasis in Gaz's 100 amazing vegan recipes is first and foremost on FLAVOUR. From Kentucky Fried Chick'n and Fillet "Steak" Wellington to Chocolate Tart and Summer Berry Mousse Cake, it's all incredible-tasting food that just happens to be vegan. Delectable, beautiful and packed with dishes that are good for you, this is like no other vegan cookbook.

Make healthy, plant-based meals with this easy teen cookbook Whether teens want to be kinder to animals, the environment, or their own bodies, there are so many good reasons to explore veganism! This teen cookbook makes plant-based cooking fun, flavorful, and easy. It's filled with 100 crave-worthy recipes for both classic comfort foods and creative new flavor combinations. Basic everyday ingredients and step-by-step recipe instructions help simplify vegan cooking so teens can gain confidence and build kitchen skills that will last a lifetime. This vegan teen cookbook includes: An intro to plant-based eating--Find a breakdown of key nutrients that vegans need to include in their diets and learn how to choose healthy ingredients for balanced nutrition. Recipes designed for teens--Explore dishes that are tailored to teens' tastes and dietary needs, featuring nutritious, whole-food ingredients without sacrificing flavor. Cooking tips and tricks--This book shows teens how to become better cooks with detailed instructions for basic cooking techniques, staying safe in the kitchen, and fixing common mistakes. Discover the joy of vegan cooking with the simple recipes in this teen cookbook.

Alternative meat products that taste like real beef and pork have created millions of "carniverts"--and The Vegan Meat Cookbook caters to that hungry audience with 100 recipes using trendy texture-based proteins (TVPs). Illustrated with mouthwatering photos, it provides background on these products, reviews the health benefits of a plant-based diet, and provides tips for buying and preparing alt-meats. Try delicious dishes like a hearty Brat Sausage Skillet Stew and Meatloaf Muffin Parmesan, along with breakfasts, appetizers, main dishes, sides, snacks, and more!

The latest book from the bestselling author of The Vegetarian Athlete's Cookbook Grounded in scientific evidence, Vegetarian Meals in 30 Minutes is part nutrition guide and part cookbook with over 100 recipes to show you how to eat well and improve your performance through simple and delicious vegetarian cooking. Bestselling author Anita Bean demystifies sports nutrition, debunks the myths surrounding a vegetarian diet and covers popular topics such as what to eat before and after exercise, how much protein you need and which supplements actually work. Vegetarian Meals in 30 Minutes will help you gain the confidence to create quick, tasty and nourishing meals that will support your training goals. 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.

From the author of *15 Minute Vegan*, *Five Ingredient Vegan* showcases simple yet exciting recipes using five ingredients or fewer. It's perfect for vegans and non-vegans alike looking for effortless ways to introduce plant-based meals into their everyday cooking. Katy Beskow is the expert on making easy meals for home cooks – even if you're not confident in the kitchen or with vegan cooking. Using ingredients available from your local supermarket and with a list of larger essentials, plus helpful tips throughout, you'll have everything you need to fill food with taste and texture. With 100 recipes covering Basics (Baba ganoush, 3-ingredient beer bread, Citrus tabbouleh, Green apple salsa), Soups (Lemony super greens, Country lentil pottage, Spicy noodle soup, Pantry minestrone), Lunches (Santorini tomato fritters, Welsh rarebit stuffed potatoes, Spicy bean and avocado wraps, Spinach pancakes), Suppers (Baked aubergine with dukkah, Roasted cherry tomato risotto, Pumpkin and sage macaroni, Pear and butterbean traybake), and Sweets (Carrot cake porridge, Zesty bread and butter pudding, Coconut panna cotta, Blood orange granita), you too can get maximum flavor with minimal fuss – all with just five ingredients.

Wouldn't you do more healthy cooking at home—if you only had the time? It can be tough to put dinner on the table without falling back on packaged, processed foods. But for Melissa King, watching her two young daughters struggle with health issues was tougher. She switched her family to a whole foods, plant-based diet—and it made all the difference. Today, Melissa is a master at crafting flavor-packed, no-stress recipes that are Easy. Whole. Vegan. (Plus, they're gluten-free!) Here are her top 100 meals, snacks, desserts, and more—ingeniously organized by need to help busy families find the right one: QUICK: Make Sweet Potato Pancakes or Avocado & Chickpea Stuffed Cucumbers in 30 minutes or less EASY: Multitask effortlessly with slow-cooker dishes like Chili Mac & Cheese MAKE-AHEAD: Prep Lentil Shepherd's Pie when you do have time, and freeze it for later (Melissa explains exactly how!) Plus, ENTERTAIN with White Bean & Zucchini Burgers, MAKE IT YUMMY with wholesome condiments like Hidden Veggies Tomato Sauce, and hydrate for health with PICK-ME-UPS like Beet, Orange & Ginger Juice or a Tropical Green Smoothie. You do have time to cook whole, vegan food at home—once a week, or all the time. It's easy!

200 delicious, fun, and easy vegan recipes for you to explore plant-based eating in a guilt-free, judgement-free way—perfect for new vegans, flexitarians, and curious carnivores. Where do vegans get their protein? What can you possibly eat that doesn't have milk in it?! Don't vegans only eat spinach and weeds? Won't it taste horrible? For many, the vegan diet is as intriguing as it is intimidating. Some want to dip their toes into veganism first, testing the waters before deciding to make the change to a completely vegan lifestyle. Others know it's a great way to incorporate more plant-based meals into their diets, but don't want to lose the delicious comforts of ice cream, cheese, or fried chicken. That's where *Kinda Vegan* comes in—it's a no-nonsense guide to being vegan-ish. Restrictive dieting be gone, with *Kinda Vegan* you can go meatless on Monday, then enjoy a juicy steak dinner on Tuesday with no judgement! In this fearless guide to the seemingly complex world of no-meat, no-eggs, no-dairy, you will discover how to go vegan without feeling any pressure whatsoever. You can have your cake and eat it too. And your sweet ice cream. And your delicious cheesy flavor. All you need are some conscious shopper skills and the quick, go-to information found in this book, including a guide to the essential foods to have in your pantry. From grains and lentils to maple syrup and dairy-free milk alternatives, there are tons of delicious vegan ingredients to enjoy. No weeds here! *Kinda Vegan* includes 200 easy recipes that are so tasty you won't believe they're vegan. It's easy to make a vegan meal—or day of meals—whenever you want. Hearty breakfast dishes like crepes and blueberry muffins; international bites like Mediterranean falafel and Chinese fried rice; and guilt-free desserts like chocolate mocha ice cream and pumpkin bread may just have you wanting to go vegan all week! Not the best at planning meals? Don't sweat it: the book also included an appendix of vegan meal plans. You can plan out a few days of meals in minutes, or flip to a meal plan whenever you are out of ideas or just don't have the energy to decide what to eat that day. Whatever your reasons are for ditching meat, and whatever your schedule and taste buds desire, *Kinda Vegan* makes being vegan-ish a snap!

What do Vegans Eat? The mystery is there is no mystery, from comforting Italian dishes to Sunday Roasts and Simple Suppers - vegans can have it all! So, whether you're giving Veganuary a go, cooking for a vegan friend, or simply cutting back on meat and dairy, look no further! Discover what vegans eat: everyday for breakfast, lunch and dinner; on-the-go; with their gang; for special occasions; to feed a crowd; and for treats! This book will also hold your hand as you take your first vegan steps; show you how to stock up on the basics; and teach you quick tricks to ensure you never go hungry even when your cupboards feel bare. Dig in to discover your new go-to dishes, including: Pancake stacks PB&J Soaked Oats Epic Bruschetta Green Pea and Pesto Soup Spicy Bean Sub Sandwich Arancini with Arrabiata Sauce Warm Asparagus Salad Italian Flag Lasagne Mexican Pizza White Wine & Pesto Gnocchi Gourmet Gratin Thai Curried Tofu Skewers Linguini Fusion Oreo Mousse Blueberry and Lemon

Drizzle Cake Brett Copley's (@EpiVegan) mouth-watering recipes - loved by his 57k Instagram followers - celebrate flavour, ingredients, the joy of cooking and, most importantly, eating!

Being vegan is a culinary challenge, especially when you are avoiding gluten. Keough shows how to address both restrictions without sacrificing flavor or adding hours in the kitchen.

'My theory is, if all of us adopted a few more plant-based meals into our diets on a weekly basis, not only would our food bills go down, but so would our environmental impact.' Delicious and creative vegan recipes from no 1 bestselling writer and award-winning campaigner Jack Monroe. This full-colour collection of one hundred simple, affordable recipes is perfect for committed vegans or anyone who wants to give vegan cooking a try. Packed with inventive, easy and 100% vegan dishes, this gorgeous book is sure to appeal – whether you are looking to take the leap, want to be a little kinder to the planet, need ideas to cook for a vegan friend, or simply want to put some more plant power in your everyday cooking. From Breakfast Muckmuffins to Beet Wellington, and Kinda-Carbonara to Bakewell Tart, Jack's easy, vibrant home cooking is tasty, tempting and surprisingly uncomplicated.

Presents one hundred recipes for baked vegan items, including such options as breads, muffins, pies, cookies, and pancakes, with a discussion on ingredients and baking techniques.

Caitlin Shoemaker shares plant-based, recipes that maximize health and flavor and fit into any budget Caitlin Shoemaker, vegan and health-world influencer and creator of the blog From My Bowl, shares the laid-back kitchen magic of her simple, flavorful recipes. Simply Delicious Vegan proves that unprocessed, plant-based food doesn't have to be expensive, complicated, or boring—and even better, it can make you feel (and look) your absolute best. Complete with personal tips for creating a glowingly healthy and happier life, this book offers 100 recipes that check every box and fit easily into real life. Gluten-free, oil-free, and refined sugar-free, Simply Delicious Vegan will help you feel energized and centered.

Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave—the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week. Fabulous recipes like Roasted Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac 'n' Cheez mean you can cut back your restaurant spending by making your own photo-worthy dishes at home. Megan Sadd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you're craving Jerk Lettuce Wraps with



Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-based dinners are more than salads and stir-fries—they're fun, fast and scrumptious.

Maximum flavor. Minimum effort. Totally vegan. You don't need to spend hours in the kitchen or buy expensive ingredients to create delicious, creative, plant-based meals. The Easy 5-Ingredient Vegan Cookbook is dedicated to providing you with nutritious recipes from the 5 main food groups essential for a healthy vegan diet. The most common barriers to eating plant-based foods are a learning curve and time, so each of these 5-ingredient cookbook recipes includes no more than five components, supplemented with simple staples you can keep on hand: olive oil, vegetable broth, onions, garlic, salt, and pepper. Recipes like Stuffed Dates with Cashew Cream and Roasted Almonds or Chocolate Peanut Butter Cups couldn't be easier to prepare. Hit the ground running with a 5-ingredient cookbook designed for maximum health and wellness--and convenience. This 5-ingredient cookbook includes: Make it your own--Recipes include tips to make the meal even tastier or easier--or offer a different spin. Nutritious blueprint--Success begins with an overview of the vegan lifestyle and advice on selecting the best vegan ingredients, from healthy fats to protein replacements. No fuss--These simple 5-ingredient cookbook recipes help you conveniently integrate more plants into your diet. Let this 5-ingredient cookbook be your guide to a simple, healthy vegan lifestyle. Can vegan cooking be flavorful? Satisfying? Easy to make? . 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 100 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

Focused on the art of crafting complete, balanced meals that deliver sustained energy and nourishment, this book features 100 compelling and delicious recipes that just happen to be vegan. These 100 recipes for wholesome and nourishing vegan food from blogger, nutritionist, and Food52 author Gena Hamshaw help you make delicious vegan meals that deliver balanced and sustained energy. Every recipe contains the key macronutrients of healthy fats, complex carbohydrates, and proteins, which together make for a complete meal--things like Smoky Red Lentil Stew with Chard, and Falafel Bowls with Freekah and Cauliflower. Photographs accompany each recipe, showing how Gena's simple techniques and fresh ingredients yield delicious meals. Additional tips and tricks for taking food on the go, and for cooking ahead on the weekend for quick weekday lunches and dinners, round out the collection.

Chef and charismatic blogger with 217 followers across social media, Jenne Claiborne grew up in Atlanta eating classic soul food--but thought she had to give all that up when she went vegan. She now celebrates the plant-based roots of the cuisine and reenvisioned 100 classic dishes with a focus on healthy, whole ingredients--and a fresh and vibrant flair for flavor. Some people wonder how you can have soul food without the chitlins, fried chicken, and pork-stewed collard greens. But Southern cooking and soul food actually have deep roots in fresh, local, plant-based lifestyles. In her first cookbook, Sweet Potato Soul, Jenne Claiborne honors the cuisine's important roots while offering new ways to prepare 100 classic (and new!) dishes for optimal nutrition--dishes like Coconut Collard Salad, Peach-Date BBQ Jackfruit Sliders, and Sweet Potato-Cinnamon Rolls. Jenne explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits--you'll never look at super-healthy foods like dandelion and other bitter greens, black-eyed peas, or sweet potatoes the same way. You'll learn how to make better-than-the-original takes on crave-worthy dishes that are

good for the environment and your health, heart, and soul. Illustrated with gorgeous full-color photography, these recipes are delicious and easy to make--thanks to Jenne's years of tweaking and experimentation--without sacrificing flavor, tradition, or soul- from decadent pound cakes and fluffy biscuits to smokey collard greens, deceptive "crab" cakes and the most comforting sweet potato pie you'll ever taste.

Versatile vegan recipes for quick and easy meals. Whether you're a full-time vegan or just interested in eating more plant-based foods, variety will spice up your life. The Fast & Easy Vegan Cookbook brings a new selection of fresh meals to your table, pronto! From one-pot to pressure cooker, choose your favorite cooking method--without being held hostage for hours in your kitchen. This flavorful vegan cookbook doesn't require a long list of ingredients or a huge time commitment. The preparation techniques are simple--there's even a chapter devoted to not cooking at all (Gazpacho, anyone?). Every recipe lists nutritional information, and most include tips for ingredient substitution, adding more protein, or other easy customizations. The Fast & Easy Vegan Cookbook includes: 100 tasty recipes--Whip up meals full of personality and variety like Artichoke Heart Salad, Spicy Pinto Bean Skillet, Mushroom Stroganoff Bake, and more. Fast, easy, or both--Choose from chapters on 30-minute recipes, sheet pan and casserole meals, 5-ingredient dishes--or even recipes with no cooking required! Dietary options--This vegan cookbook lets you adapt menus to your needs with handy labels for gluten-free, nut-free, oil-free, or soy-free diets. Eat easily, healthfully, and deliciously with the Fast & Easy Vegan Cookbook.

The Great Vegan Protein Book showcases where and how vegans can find and prepare protein-rich foods, including over one hundred tasty and filling recipes.

If you can crave it, you can cook it! 100 easy, eclectic recipes to feed you all day, every day Whatever you may be craving for dinner tonight—pizza, burgers, quesadillas, ramen, dumplings, curries, falafel, jambalaya—you can make—totally vegan, completely delicious, and faster than you'd have thought possible. But you won't just find delectable dinners here. From breakfast to dessert, Nadine Horn and Jörg Mayer have got you covered—from savory breakfast waffles to classic French toast, decadent mocha cupcakes to chocolatey brownies and beyond. Here are 100 vegan versions of your favorite comfort foods, plus fun new inventions and healthy options that are perfect for everyday eating: Quick meals: Coconut Farro, Bánh Mi Deluxe, Sesame Noodles Easy recipes: Speedy Ramen, Overnight Oats, Peanut Truffles Party hits: Ginger Nori Cakes, Antipasto Pizza Bites, Berry Cheesecake Exciting global fusions: Bavarian Samosas, Mexican Paella, Thai Tempura This is Vegan Everything—the only vegan cookbook you'll ever need.

100 Best Vegan Recipes Houghton Mifflin Harcourt

Provides dozens of vegan baked-good recipes that are also free of lactose, saturated fats, and cholesterol, in a volume that explains how to prepare a range of healthier options from cupcakes and brownies to cookies and breads. Original.

100 delicious recipes of the vegan soul kitchen that refer to the southern cuisine of my native land. Here's for you This definitive vegan soul food cookbook will help you prepare delicious meat-free and dairy-free dishes without sacrificing taste, flavors, this will surprise your family and friends and will make these occasions a pleasure to delight the palate buds. This definitive cookbook for vegan soul food features: ?New and creative recipes of southern cuisine all vegan. ?Simple and detailed explanations ?You will learn to cook from the vegan soul breakfast to how to cook main dishes to how to prepare dessert and also how to baking bread. Every vegan soul recipe for every moment of your day ?Each recipe has its own photo to help you imagine the wonderful dish you will prepare. Don't miss the opportunity to easily prepare delicious vegan soul dishes thanks to the new Vegan Soul Food Cookbook.

Oat milk, as a vegan alternative to cow's milk, is gaining widespread popularity due to its delicious flavor and impressive nutrient profile--plus, it's free of lactose, making it ideal for

anyone with dietary restrictions, allergies, or digestive problems. These 100 recipes will make oat milk an everyday ingredient in all the foods you crave--without compromising flavor! You'll find an array of mouthwatering, easy-to-make dishes, from entrées to desserts, snacks, and smoothies.

'A cracking cookbook bursting with delicious plant-based recipes' BOSH! What do Vegans Eat? The mystery is there is no mystery, from comforting Italian dishes to Sunday Roasts and Simple Suppers – vegans can have it all!

Enjoy over 100 whole-grain vegan recipes for every meal and occasion! Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans. That's where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too! Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as: - Quinoa Breakfast Pilaf - Apple and Oats French Toast - Sausage Smash Potato Hash - Spelt and Bean Burritos - Tempeh Buckwheat Bowl - Teff and Pea Fritters - Cracked Wheat Koftas - Roasted Corn and Barley Chowder - Warm Farro and Sweet Potato Salad Also enjoy gluten-free vegan recipes, such as: - Apricot Oats - Polenta Topped Mexi-Beans - Chickpea Millet Curry - Harissa Veggies and Rice Skillet - Spinach and Basil Quinoa - Sesame Purple Rice Have Your Cake and Feel Good About It Too! Do whole grain flours intimidate you? Does amaranth flour sound fascinating but perhaps a little too froufrou? Do you love the chocolate cherry scones at your local coffee shop, but feel way too scared to attempt them on your own? Fears begone! You are now in the safe (albeit floury) hands of Celine Steen and Tamasin Noyes, two vegan ladies who know their way around the oven—and barley and buckwheat flour too. Expect to see not an ounce of white flour, refined white sugar, or powdered egg replacer in this book. Instead, indulge in wholesome breads, muffins, pies, pancakes, and other treats that draw on the nutty depth of flavor and enhanced taste of ingredients like whole grain flours and natural sweeteners. All you need is a bowl, a spoon, and a little "can-do!" attitude to whip up treats like Caramel Nut Barley Squares, Potato and Walnut Wheat Bread, and Chocolate Raspberry Tart. With more than 100 recipes to choose from, the hardest thing you'll have to do is pick out what to bake first! Your taste buds will love you, your friends will adore you, your waist will thank you, and the planet will be singing your praises with Whole Grain Vegan Baking. You're just a whisk away!

Presents one hundred vegan recipes that can be prepared in the slow cooker, with options for appetizers, soups, main entrees, and desserts.

Features over one hundred vegan recipes starring beans, from soups and spreads to cakes and cookies, and provides information on soaking and cooking times as well as preparation methods.

[Copyright: a207f405d353ad241ace368285b6bd36](#)