

Download Free Cook Share Eat  
Vegan Delicious Plant Based  
Recipes For Everyone

*Cook Share Eat*

*Vegan Delicious*

*Plant Based Recipes*

*For Everyone*

**Even if you are a student who**

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**has a tight budget, a crazy-busy schedule, and limited kitchen equipment, you still can make amazing vegan snacks, treats, and meals for yourself and your friends. The Student Vegan Cookbook shows you how, with tips,**

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**tricks, and hacks for  
dormitory-room and small-  
kitchen cooking and with lots  
of creative, nutritious, and  
delectable recipes—each one  
with its own photograph,  
something other college  
vegan cookbooks do not**

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**have—covering the whole day, from rushing-off-to-class quick-fix breakfasts to midnight (or later) treats for chilling and unwinding. Award-winning vegan blogger Hannah Kaminsky has walked the walk, cooking delicious**

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**meals for herself and her  
roommates in her own college  
years. Fast-forward a few  
years and Hannah is now a  
professional food writer and  
photographer who has  
created a stunning book full  
of truly scrumptious, yet easy-**

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**to-make, vegan recipes. It includes: Wraps, tacos, burritos, and sandwiches, for lunches and casual dinners on the fly All kinds of fast and easy noodle dishes, from pasta, soba, and udon to new ways to fix ramen, the**

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**perennial student favorite  
Super-healthy smoothies,  
juices, and shakes Loaded  
toasts—because avocado  
toast is not the only way to  
turn toast into a meal  
Colorful, filling, and flavorful  
one-pan and one-bowl**

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**dinners—for the many  
students who have access to  
only one burner Snacks and  
party treats that not only  
taste incredible but also are  
good for you Whether you are  
a vegan, a vegetarian, or  
simply an omnivore who**



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**wants to eat healthier, and whether you live at home, in your own apartment, or in a dorm, you'll kick your cooking and eating game up to the next level with this inventive and incredibly useful book. The fear of change, the fear**

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**of the unknown, the fear of never being able to eat bacon again! These are just a few of the reasons people are afraid to go vegan. Going Vegan seeks to change that, and provide a practical and easy-to-understand guidebook to**

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**fearlessly (and deliciously)  
transition to a plant-based  
way of life. Authors Joni Marie  
Newman and Gerrie L. Adams  
will effortlessly guide you  
through your transformation  
while providing support and  
explaining all of the**

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**advantages of a vegan diet.  
Revealed are truths about the  
health, environmental,  
financial, and ethical benefits  
in this comprehensive manual  
to living well. You'll also find  
amazing recipes for  
breakfast, lunch, dinner and**

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**dessert. Meals so delicious  
and satisfying, you won't  
even miss the bacon.**

**Hailed as 2015's Company of  
the Year by VegNews  
Magazine, the Field Roast  
Grain Meat Co. offers their  
first cookbook, with over 100**

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**delicious, satisfying vegan recipes In Field Roast, Chef Tommy McDonald shares fundamental techniques and tips that will enable you to make your own vegan meats at home--for everyday (sandwiches, burgers,**

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**meatloaf) to holiday (stuffed  
roast, anyone?), as well as  
recipes for using them in  
every meal from breakfast  
through dinner. The 100  
recipes are flexible: want to  
make your own plant-based  
meats? Great! Want to use**

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**Field Roast products instead?  
That will work too. All you  
need are grains, veggies, and  
spices--easy-to-find whole  
food ingredients for  
authentic, hearty taste. With  
basics such as cutlets and  
sausages, along with dishes**



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**like Burnt Ends Biscuit  
Sandwich, Chicken Fried Field  
Roast and Waffles, Pastrami  
on Rye, Tuscan Shepherd's  
Pie, Curry Katsu, (and even  
some favorite desserts), Field  
Roast brings new meaning to  
plant-based meat.**

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**A new and vibrant vegan  
cookbook authorized by  
Instant Pot, from the creator  
of the Rainbow Plant Life  
blog. With food and photos as  
vivid, joyous, and wholesome  
as the title of her popular  
cooking blog--Rainbow Plant**

*Page 18/263*

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**Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can**

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**make easily with the magic of  
an Instant Pot pressure  
cooker. With a comprehensive  
primer to the machine and all  
its functions, you, too, can  
taste the rainbow with a full  
repertoire of vegan dishes.  
Start the day with Nisha's**

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**Homemade Coconut Yogurt or  
Breakfast Enchilada  
Casserole, then move on to  
hearty mains like Miso  
Mushroom Risotto, and even  
decadent desserts including  
Double Fudge Chocolate Cake  
and Red Wine-Poached Pears.**

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**The Vegan Instant Pot  
Cookbook will quickly become  
a go-to source of inspiration  
in your kitchen.  
Delicious Plant-Based Recipes  
with Easy Instructions, Few  
Ingredients and Minimal  
Cleanup**

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**Smith & Daughters: A  
Cookbook (That Happens to  
be Vegan)  
Food Swings  
The Friendly Vegan Cookbook  
Vegan Cooking for Carnivores  
A Game Plan for the Budget  
Conscious Cook**

*Page 23/263*

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**100 Essential Recipes to  
Share with Vegans and  
Omnivores Alike**

**85 Incredible Plant-Based  
Recipes That Are Cheap, Fast,  
Easy, and Super-Healthy**

***Live a healthy vegan lifestyle  
without breaking the bank with***

*Page 24/263*



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***these 99 affordable and delicious plant-based recipes. Frugal Vegan teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a***

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***budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of***

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***Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted***

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***Peanut Butter Popcorn, or  
indulge in Chocolate Coconut  
Cream Puffs for dessert. With  
practical tips and approachable  
recipes, Frugal Vegan will help  
you create stunning plant-based  
meals that'll not only save you  
money, but save you time in the***

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**kitchen, too.**

***An all-new collection of more than 125 delectable recipes that reflect the way we really eat: sometimes healthy, sometimes indulgent—delicious, either way Food Swings offers a range of simple and satisfying recipes***

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***that speak to both sides of your food brain. Here you'll find the perfect go-to dish for when you want to eat light or for when you are in the mood for something more indulgent. The first half of the book, "Virtue," provides recipes for your controlled side,***

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***while the other half, "Vice," is for when you need to feel the wind in your hair. All of it is meant to be enjoyed equally in this fun something-for-everyone collection. So whether you're a home cook looking for new inspiration, a big eater who is***

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***ready to party, or a human who might be occupied with watching your waist, you will find what you are looking for in Food Swings. Those who are eating gluten-free, dairy-free, meat-free, or almost-vegan, you have come to the right place! VIRTUE Quinoa***



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***Bowl with Almond Butter,  
Strawberries, and Hemp Seeds  
Ginger Salmon with Sesame  
Cucumbers Whole Roasted  
Cauliflower, Tomatoes, and Garlic  
Roasted Plums with Honey and  
Pistachios VICE Cinnamon Buns  
Buttermilk Panfried Chicken***

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***Lasagna Bolognese Chocolate  
Fudge Cake In addition to the  
dozens of inspired dishes offered  
here, you'll also find personal  
essays, tips, and tricks for best  
results, and a gorgeous color  
photo for nearly every recipe. So  
no matter what you're in the***

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***mood for, you'll find the perfect recipe for it in Food Swings.***

***Praise for Food Swings "It's a lot easier to make healthy choices when the meals are both good for you and crazy good at the same time. Jessica Seinfeld's new book, Food Swings, has that***

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***nailed, packed as it is with simple recipes that are kind to your body, crowd-pleasingly delicious (quit the side-eye, picky fourth grader), even gluten-free. Dinner victory, all around.”—Redbook “Seinfeld has assembled 125 recipes that allow***

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***readers to eat as healthfully or indulgently as their mood dictates. . . . Readers can have their cake and quinoa, too, with Seinfeld's latest, which strikes an effective balance between two popular eating styles."*—Library Journal "Jessica Seinfeld gets it,**

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***even down to the one-liners.  
With three cookbooks under her  
apron, Seinfeld takes a cue or  
two from her husband, Jerry,  
targeting both the devil and the  
damsel in her 125 recipes. She's  
eminently practical, very  
straightforward, and keeps her***

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***dishes in line with our modern proclivities: quick, healthy with an occasional sinfulness, convenient for the beginner as well as for the experienced home chef.”—Booklist “In a friendly voice Seinfeld encourages readers to take her approach to***

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***what she calls 'food swings' and eat without guilt. Or, she concedes, to eat with less guilt. . . . However you divide up the recipes, this is a great day-to-day cookbook with tasty-looking recipes that are approachable and simple to***



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***prepare.”—Publishers Weekly  
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***

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***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***

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***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***

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***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***

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***committed vegan or simply those looking to freshen up their cooking.***

***Many people believe veganism is a trend, that all vegan food tastes the same, boring, bland way and, above all, that it is uncreative, not filling and lacks***

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***flavour. Shannon Martinez and Mo Wyse from celebrated restaurant Smith & Daughters don't! In this their first cookbook Smith & Daughters: A Cookbook (That Happens to be Vegan) they ignore convention in favour of plant-based innovation in the***

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***kitchen. Across 7 chapters,  
including big plates, small plates,  
salads, sweets, dressings and  
drinks, Smith & Daughters offers  
80+ delicious vegan recipes with  
a Spanish twist to recreate at  
home. From 'chorizo' and potato,  
Spanish 'meatballs' in a saffron***

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***almond sauce, chipotle cashew  
'cheese', 'tuna' and green pea  
croquettes to warm Spanish  
doughnuts or spiced Mexican  
flan, the recipes give new  
inventive life to classics that will  
appeal to meat and vegetarian  
eaters alike. Forget your***



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***preconceptions of vegan food. In  
Smith & Daughters: A Cookbook  
(That Happens to be Vegan)  
Shannon and Mo are here to  
challenge them all. Their aim is  
for people to experience  
delicious plant-based food the  
way it should be: big, bold,***

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***flavourful, noteworthy and  
celebration-worthy.***

***175 Recipes for a Healthy Vegan  
Lifestyle***

***Rachel Ama's Vegan Eats  
Vegan Cookbook***

***Save Time with Vibrant, Versatile  
Vegan Recipes***

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***Traditional and Creative Recipes  
for the Home Cook  
Fast Easy Cheap Vegan  
The First Mess Cookbook  
Going Vegan***

Hi, we're Chad and Derek. We're chefs  
and brothers who craft humble  
vegetables into the stuff of food legend.

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Everything we create is a bold marriage of delicate and punchy flavors, and crunchy textures-all with knife-sharp attention to detail. We're proud graduates of the University of Common Sense who simply believe that eating more veg is good for you and good for the planet. THE WICKED HEALTHY

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COOKBOOK takes badass plant-based cooking to a whole new level. The chefs have pioneered innovative cooking techniques such as pressing and searing mushrooms until they reach a rich and delicious meat-like consistency. Inside, you'll find informative sidebars and must-have

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tips on everything from oil-free and gluten-free cooking (if you're into that) to organizing an efficient kitchen.

Celebrating the central role of crave-able food for our health and vitality, Chad and Derek give readers 129 recipes for everyday meals and dinner parties alike, and they also show us

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how to kick back and indulge now and then. Their drool-inducing recipes include Sloppy BBQ Jackfruit Sliders with Slaw, and Grilled Peaches with Vanilla Spiced Gelato and Mango Sriracha Caramel. They believe that if you shoot for 80% healthy and 20% wicked, you'll be 100% sexy: That's the

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Wicked Healthy way.

Delicious plant-based recipes that everyone will love, with this latest book from the UK's bestselling vegan author, Áine Carlin. With an emphasis on great flavours and fresh, seasonal dishes that don't rely on substitutes or hard-to-source ingredients, Áine's style of



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cooking will appeal to everyone, from vegan-cooking enthusiasts to those simply wanting to dabble now and then. In Cook Share Eat Vegan, Áine has created the ultimate vegan bible, with more than 125 recipes that prove there's a place for plant-based food at every table. Delight your friends with

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Crispy Cinnamon Potato Tacos, enjoy a warming bowl of Turmeric & Sweet Potato Soup, or indulge in a delicious Vanilla Panna Cotta. Discover recipes for every occasion and for all times of year - that just happen to be vegan. 'Finding the balance between health and indulgence, this book has a little bit

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of everything, from full-on comfort food to zen-inducing bowls to nourish from within. Discover the beauty of plant-based food and leave your preconceived notions at the door - it's time to cook, eat, smile (repeat)' - Áine Carlin

This book is both for newbies eager to

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explore veganism, and experienced vegans looking to expand their recipe collection. It is the perfect companion for beginners and contains easy guidelines on becoming vegan and following a sustainable clean eating diet. It will teach you everything you need to know in order to adopt the

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vegan lifestyle, including:\* A definition of veganism and common misconceptions \* Foods to avoid\* Ingredients to shop for\* Useful tips for cooking vegan and eating vegan when dining out\* 35 Delicious and Easy recipes for clean and healthy vegan meals\* Nutritional information with each

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recipe to help you balance your diet❖  
Much moreThe hearty and delectable  
meals contained in this book will  
introduce you to a whole new world of  
nutritious foods that keep you healthy,  
fit, and active. You will discover new  
recipes for breakfast, lunch, dinner,  
soups, salads, deserts, stews, and

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sides, to keep you and your loved ones well fed at any time of the day. Add these 35 exciting vegan recipes to your meal plan, and surprise your family and friends with your expanded collection of delicious vegan recipes.

100 simply delicious vegan recipes--good for the planet, and for

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you--from the chef and blogger behind The Buddhist Chef. A practicing Buddhist for over two decades, Jean-Philippe Cyr, aka The Buddhist Chef, believes that everyone has the power to make their vision of the world a reality--and that the most impactful way to do that is through the food we choose



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to make, eat, and share. This realization led him to veganism, which transformed his life and health. In this cookbook, he shares how to make classic dishes vegan, easy, and so delicious and show-stopping that everyone--even the pickiest of eaters--will love them. The Buddhist

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Chef is a collection of Jean-Philippe's best vegan recipes that will become a mainstay in vegan and non-vegan kitchens alike. The recipes are perfect for long-time vegans, those trying out a vegan diet for the first time, or those simply trying to eat more plant-based foods. Inspired by cuisines from all

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around the world, these recipes offer something for everyone. Enjoy breakfast and brunch recipes like Vegan Shakshuka and Maple Baked Beans, or salads and protein-packed bowls like Beet Carpaccio or Tempeh Poke Bowl. Transform your dinners with hearty mains like Eggplant Parmigiana,

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General Tso's Tofu, and Mushroom Poutine. Indulge in vegan desserts like Chocolate Lava Cake or have a nourishing snack like Coconut Matcha Energy Balls. With delicious recipes for every meal of the day, The Buddhist Chef is a celebration of healthy, plant-based dishes that will have everyone at

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the table, vegan or not, wanting more.  
120+ Recipes for Every Day or Every  
So Often

A Delicious Guide to Plant-Based  
Cooking for Better Health and a Better  
World

Easy Vegan Home Cooking  
The Buddhist Chef

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I Can Cook Vegan

Vegan Richa's Indian Kitchen

Nistisima

Over 125 Plant-Based and Gluten-Free  
Recipes for Wholesome Family Meals

**The Conscious Cook shows  
readers that avoiding the health**

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**risks and ethical dilemmas of eating meat and dairy does not mean sacrificing taste or satisfaction. The starters, soups, sandwiches, entrées, and desserts here offer culinary adventure that will truly revolutionize the way**

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**the world experiences meatless food. A former steak-lover himself, Chef Tal struggled for years on a vegan diet that left him filled with cravings for meat and dairy. Frustrated by the limited options available and unwilling to**



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**sacrifice the delicious flavors he associated with eating meat, he decided to create vegan meals that could hold their own at the center of the plate. Chef Tal found that by applying traditional French culinary techniques to meatless**

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**cuisine, he was able to create delicious meals full of rich flavor and healthy fat—meals that any food-lover, even devoted meat-eaters, would find completely satisfying. Seventy groundbreaking recipes later,**

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**Chef Tal is ready to share his magic. The Conscious Cook features vegan versions of tried-and-true dishes such as Oysters Rockefeller, Caesar Salad, Corn Chowder, and Paella, as well as adventurous new cuisine like**

*Page 75/263*

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**Lemongrass Consommé with Pea  
Shoot and Mushroom Dumplings  
and Peppercorn-Encrusted  
Portobello Fillets. A full-color  
photo accompanies each of the  
recipes. Also included are  
engaging stories from influential**

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**people in the vegan world; a peek  
into Chef Tal's pantry and  
kitchen; a guide to eating  
seasonally; and a selection of  
dinner party menus.**

**From Sam Turnbull, the  
bestselling author of Fuss-Free**

*Page 77/263*

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**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**

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**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),**

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**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**



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**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**

*Page 81/263*

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**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,**

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**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**

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**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**

*Page 84/263*

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**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.**

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**Not only can a plant-based diet be good for health, it can also be easy on the pocketbook. At a time when many people are looking for a way to cut costs, Vegan on \$4 a Day will show readers how to forgo expensive processed foods and get**

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**the most flavor out of delicious,  
high-quality basic ingredients.  
Author Ellen Jaffe Jones has  
combined passion, money savvy,  
journalistic expertise, and  
culinary chops into a consumer's  
guide for an economically viable**

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**dietary lifestyle. She has scoured the shelves of popular supermarkets and big-box stores and calculated exactly how much it costs to eat healthfully and deliciously. Readers will learn how to adapt their favorite**



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**recipes, cook with beans and grains, and use bulk buying to get big savings. Includes nearly 100 nutritious, delicious and low cost recipes and a week's worth of menu-planning ideas that show how the recipes can be combined**

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**to get a cost of \$4 a day.**

**Rachel Ama takes batch cooking  
one step further, offering three  
creative and flavorsome ways to  
serve and use one one-pot recipe.  
This is fun, fresh, simple and  
nourishing vegan cooking packed**

*Page 90/263*

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**with taste. Make a big  
pot/pan/tray, then either freeze it  
for later, serve it up with simple  
assembly suggestions or mix it up  
and transform your dish into  
another - it's totally up to you!  
The 30 base recipes each have**

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**three ways to be used and offer a range of speedy lunches, weeknight dinners or lengthier weekend leisurely cooking - whip up a quick salad or boil some rice to accompany your base, or add ingredients to create something**

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**else entirely. Transform one-tray  
Peri Peri Mushroom Feast into  
either: 1. Peri Peri Pittas 2. Peri  
Peri Charred Sweetcorn Bowls 3.  
Peri Peri Mushrooms with Potato  
Wedges & Slaw. Serve one-pot  
Caribbean Curried Jackfruit**

*Page 93/263*

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**with: 1. Coconut Rice & Coleslaw  
2. Caribbean Vegetable Patties &  
Orange Avocado Salad 3. Coconut  
Flatbreads & Tomato Red Onion  
Salad A sumptuous Winter Stew  
can be served with or turned into:  
1. Potato Mash & Roast Broccoli**

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## **2. Winter Pie & Garlic Green**

**Beans 3. Rich Ragu Rachel shares her vegan store cupboard staples, a list of what she likes to always keep in the fridge and new vegan cooking hacks, encouraging and enabling you to live a vegan**

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**lifestyle, simply. This way of cooking is sustainable and efficient, reducing waste, time and offering relief from the daily question - 'what am I going to make for dinner?' All without scrimping on taste.**



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**The New Vegan**

**Vibrant Plant-Based Recipes to**

**Eat Well Through the Seasons**

**The Complete Guide to Making a**

**Healthy Transition to a Plant-**

**Based Lifestyle**

**101 Recipes to Feed Your Face [A**

*Page 97/263*

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**Cookbook]**

**Make Healthy Home Cooking  
Practically Effortless  
Amazingly Easy, Wildly Delicious  
Vegan Recipes for Every Day of  
the Week  
Hot for Food Vegan Comfort**

*Page 98/263*

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**Classics**

**Cook. Heal. Go Vegan!**

'this book is filled  
with recipes that look  
so very, very good to  
eat.' NIGELLA LAWSON

'it's refreshing that

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Rachel Ama is, in many  
ways, just herself' RUBY  
TANDOH OBSERVER RISING  
STAR OF FOOD, 2019 Find  
brilliant plant-based  
dishes that make cooking  
and enjoying delicious

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vegan food every day  
genuinely easy - and fun  
- in Rachel Ama's Vegan  
Eats. No bland or boring  
dishes, and forget all-  
day cooking. Rachel  
takes inspiration from

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naturally vegan dishes  
and cuisines as well as  
her Caribbean and West  
African roots to create  
great full-flavour  
recipes that are easy to  
make and will inspire

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you to make vegan food  
part of your daily life.  
Rachel's recipes are  
quick and often one-pot;  
ingredients lists are  
short and supermarket-  
friendly; dishes can be

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prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food.



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Cinnamon French toast  
with strawberries

Chickpea sweet potato  
falafel Peanut rice and  
veg stir-fry Caribbean  
fritters Plantain burger  
Tabbouleh salad Carrot

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cake waffles with cashew  
frosting So if you share  
Rachel's attitude that  
vegan food should fit  
into your life with ease  
and pleasure - whether  
you are a fully fledged

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vegan looking for new ideas, want to reduce your meat intake, make more environmentally friendly food choices, or just keen to eat more veg - Rachel's genius

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cookbook is for you.

Annie and Dan Shannon,  
the authors of Betty  
Goes Vegan, are back. In  
their new book, they  
show readers how to cook  
creatively and thriftily

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with recipes, sidebars,  
and tips on stocking a  
pantry and using  
ingredients creatively.  
Most recipes result in  
leftover ingredients and  
servings that can be

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reused in multiple ways,  
reducing waste in your  
kitchen while keeping  
your meals fresh and  
flavorful. Inspired by  
the recipes and cost-  
saving techniques used

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during the Depression  
and World War II and  
paying a vegan homage to  
Julia Child, The  
Shannons have figured  
out how to get the most  
out of what you've

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already invested so that  
you can spend less and  
get more. With recipes  
like Korean Kimchi BBQ  
Burgers, Vegan Yankee  
Pot Roast, Not-cho  
Everyday Chili Dogs, and



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Savannah Pecan Pies,  
MASTERING THE ART OF  
VEGAN COOKING offers a  
way to make eating vegan  
both affordable and  
delicious.

Vegan food has come a

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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

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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

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for making healthy taste  
delicious. Let Them Eat  
Vegan! distills more  
than fifteen years of  
recipe development that  
emphasize unrefined,  
less-processed

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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

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relying on meat  
analogues here,  
either--just hearty,  
healthy food that looks  
and tastes great. As the  
mother of three young  
girls, Burton always

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keeps their

nutrition--and taste

buds--in mind. From the

simplest comfort foods

like Warm "Vegveeta"

Cheese Sauce to the more

sophisticated Anise--and

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Coriander-Infused Orange  
Lentil Soup, these  
recipes will delight and  
inspire even the  
pickiest eaters and  
provide lifelong vegans  
with the innovative,



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wholesome recipes

they've always wanted.

Going vegan can be a  
daunting prospect. Many  
familiar foods and  
products are out of  
bounds, and it can be

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hard to know how to  
enjoy a healthy, tasty  
diet. In her new book,  
top vegan author Aine  
Carlin guides you  
through the process of  
adopting a vegan

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lifestyle, with tips on  
what to tell people  
about your new diet,  
what you can eat at a  
restaurant, dealing with  
cravings and her take on  
vegan-friendly fashion

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(in 2015, she was named  
Most Stylish Vegan by  
PETA). There are more  
than 90 tempting recipes  
carefully tailored to  
people giving up meat,  
fish and dairy for the

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first time, including  
Jerk-marinated  
Cauliflower Steaks for a  
main course and  
Macadamia and Blueberry  
Cream Pie for dessert,  
and there are also

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delicious selections of  
raw and gluten-free  
dishes. Learn how to  
make your own plant  
milk, nut cream and even  
vegan-friendly beauty  
products. Aine's

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practical advice, non-judgemental approach and tempting recipes are the perfect tools as you begin your vegan journey.

**The Easy Vegan Cookbook**

*Page 127/263*

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**Affordable, Easy &  
Delicious Vegan Cooking  
125+ Recipes to Enjoy  
Your Life of Virtue &  
Vice: A Cookbook  
Over 125 Recipes So  
Tasty You Won't Miss the**



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**Meat**

**Delicious Meatless  
Recipes That Will Change  
the Way You Eat  
Mastering the Art of  
Vegan Cooking  
One Pot Three Ways**

*Page 129/263*

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**Vegan, at Times**

LIMITED-TIME BONUS FREE EBOOK  
INCLUDED Try These Simple, Healthy,  
And Delicious Vegan Recipes To  
Immediately Cook Better Meals! Are you  
tired of cooking complicated, boring, and  
uninspiring meals every night? If you are,  
then this book is perfect for you! Millions

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of people all across the world are going vegan but the biggest issue they all have is what to cook. Simply put, too many vegan dishes suck. That is what this book will fix. If you follow the simple, beginner-friendly recipes found in this book I gurantee you will start to love what you cook and eat. I know what it's like to be vegan and have a

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hard time in the kitchen. Growing up I was never a great cook and I thought I would be doomed to only eat raw veggies and fruits when I went vegan, until I learned some amazing tips and tricks that transformed my cooking. Vegan cooking is not hard to learn or master and it certainly doesn't have to be boring. A

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healthy and delicious meal can be created in just a few steps from common ingredients you already have in your home! Mastering vegan cooking has not only helped my health and mind but for thousands of others who have tried and have seen permanent success as well. Through following and applying the

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recipes and techniques found in this book I guarantee you will start to see a positive change in your body. That is because these recipes are packed with more than enough nutrients to keep you healthy. These fundamentals of a healthy vegan diet have not only worked for me, but for thousands of others who have tried them and have

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seen permanent success. Find yourself just a few minutes in your day to learn some simple, life-changing vegan recipes, and to do just that, you need this book.

Interview with the Author Q - What made you want to write this cookbook A - When I first went vegan I found it really hard to find a book that gave a good overview of

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all the different flavors of vegan. For instance, I saw raw food vegan, vegan ketogenic diet, but all I wanted to know was how to start healthy eating on a budget! So I made this book, and the thesis is, "clean eating made simple"! I was very happy with the reception this book has received I think people wanted a cookbook



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just like this! Q - Who is this cookbook for? A - This is a vegan cookbook for beginners. I'm not an expert chef by any means, I just wanted to put together a simple healthy eating guide and share it with the world. These recipes are delicious and easy to make, I hope everyone loves them as much as I do. Q - What exactly

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will people find inside this book? A - Apart from the recipes, people will find a lot to digest in this book: Here's a preview of what you'll learn... The Basic Principles of a Vegan Diet Plan How to Lose Weight as a Vegan Food To Eat And Avoid 20 Breakfast Recipes 20 Lunch Recipes 20 Dinner Recipes 20 Snack Recipes 20

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Dessert Recipes And Much, Much More!  
Click the BUY button and start cooking  
like a pro Today! Download "100 Simple  
Vegan Recipes For Beginners" right  
now.... .. and get a FREE BONUS  
EBOOK On Exactly How To Live A  
Healthy Vegan Lifestyle!  
What If the World Was Vegan? The true

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building blocks of cuisines across the planet are the spices, herbs, and grains—from basmati rice to buckwheat, coconut to caraway seeds. Apply those flavors to vegan staples such as seitan, or tofu and even straight-up vegetables, and the possibilities? If not endless, pretty darned expansive. So what if the world

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was vegan? Your own cooking is the answer to that question; fire up the stove and make a green curry, simmer a seitan date tagine stew, or hold a freshly made corn tortilla piled high with chile-braised jackfruit in your hand. Chart your course in the great, growing map of vegan food history. Award-winning chef, author of

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Veganomicon, and author of Viva Vegan Terry Hope Romero continues the vegan food revolution with more than 300 bold, delicious recipes based on international favorites. With chapters devoted to essential basics such as Spice Blends; The Three Protein Amigos; and Pickles, Chutneys & Saucier Sauces, you can make

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everything from salads to curries, dumplings and desserts. Vegan Eats World will help you map your way through a culinary world tour, whether you want to create a piergoi party or Thai feast, easy Indian chaat lunch or Your International House of Dinner Crepes.

75 Vegan Recipes That Will Blow Your

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Mind Megan Sadd has spent nearly her entire life studying plant-based cuisine to discover the best, most satisfying and delicious ways of cooking vegan food. In this cookbook, she shares all of her secrets. We've got comfort foods—hello Crispy Southern Chickpea Sandwiches and Meat Lover's BBQ Pulled Jackfruit



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with Avocado Slaw. We've got masterpieces, like Spring Linguine with King Oyster Scallops, where every bite will have you saying, "Yuummm!" And best of all, a whole chapter is dedicated to Megan's signature cheeses and meals stuffed with ooey-gooey cheesy goodness. Just wait till you try her Smoky Gouda

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Melt, Pesto Mac 'n' Cheese or Roasted Vegetable Romanesco Lasagna—you'll think you've died and gone to foodie heaven. Besides a huge variety of weeknight-friendly meals and Megan's stunning photography with every recipe, each chapter begins with beautiful illustrated reference pages to help you

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master plant-based cooking. This is more than a great recipe book. It's an inspiring and instructive ode to flavor that will revolutionize the way you cook.

Satisfying Plant-Based, Gluten-Free Meals Without the Hassle Who says preparing vegan, gluten-free meals has to be so hard? Get back to enjoying your

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time in and out of the kitchen with Effortless Vegan. Painless to prep, simple to cook and completely plant based and gluten free, these delicious recipes focus on full flavors, clean eating and efficiency. Make breakfast the most important and easiest meal of the day with a filling 10-Minute Smashed Chickpea Scramble or

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sweet and sustaining Cinnamon-Banana Socca Pancakes. Not to worry if you're more of a lunch or dinner person! Try one of many incredible 30-minute or less meals, like savory Sweet Potato & Black Bean Avocado-Tahini Wraps or spicy Paprika-Roasted Cauliflower Steaks. Love to cook but hate the cleanup? Give your

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time and taste buds the gift of a one-pot wonder, like the superb Pizza Supreme Casserole. And if dessert is your favorite port of call, you'll fall in love with any of the delectable 5-ingredient sweets, such as the deliciously elegant Mixed Berry Crumble or guilt-free Boozy Peach-Mango Sorbet. Leave your stress behind with this

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collection of straightforward, no-fuss recipes that make vegan cooking so easy it's effortless.

Eat Plants Every Day

100 Simple, Feel-Good Vegan Recipes

Tasty plant-based recipes for every day

The Big Book of Vegan Cooking

Wholesome, Indulgent Plant-Based

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Recipes

Keep It Vegan

The Wicked Healthy Cookbook

200 Deliciously Satisfying Plant-Powered  
Recipes for the Whole Family

Think you know vegan

cooking? Lengthy,

complicated recipe lists,



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expensive, hard-to-find ingredients, flavourless food? Think again! Let Aine Carlin, creator of popular vegan lifestyle blog Pea Soup Eats, enlighten you with her delicious recipes and straightforward tips.

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Keep it simple with easy-to-follow recipes, using a sensible number of ingredients that can be found in your local supermarket. Keep it tasty with chapters including Breakfast, Brunch & More,

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Light Lunches & Simple  
Suppers, Something Special,  
Sauces & Sides and Sweet  
Treats. Delight your senses  
and tantalise your tastebuds  
with Rosemary and Pear  
Stuffed French Toast,  
Santorini Spaghetti or Sweet

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Potato Sushi. Keep it fun -  
Aine is a truly creative  
cook who loves to whip up  
dishes that burst with  
colour and flavour, such as  
her Zesty Watermelon &  
Bulgar Wheat Salad. And  
don't be fooled into

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thinking there's no room for  
treats - Fudgy Brownies,  
anyone? But most of all,  
Keep it Vegan! With this  
gorgeous selection of 100  
simple, tasty and fun  
recipes, newcomers and long-  
time vegans alike will find

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plenty to keep them well-fed and inspired. The vegan diet is great for your health, bank balance and the environment, so what are you waiting for? Dive in and discover these vegan delights.

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This approachable, family-friendly vegan cookbook—from the chef at a popular Bay Area vegan restaurant and his wife—is for anyone looking to explore more plant-based eating at home with innovative and great-

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tasting recipes for every meal. In this exceptional collection of plant-forward meals, a chef brings his professional knowhow home with 90 recipes he and his wife created to help their family transition to



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healthier eating. With a focus on high-flavor recipes that are easily accessible for home cooks, the authors share their expertise for bringing more plants into every meal and extol a diet that's rich with vegetables,

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fruits, beans, and whole grains. Visually appealing and delicious, the recipes will appeal to a wide range of palates and include fresh twists on favorite foods like Green Forest Pizza, Lemon Agave Cheesecake, and

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Beet Poke, along with updated classics from Ceviche to Chilaquiles. This modern cookbook—from an omnivore who values eating plants in a way that doesn't require drastic lifestyle changes—offers a turnkey

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solution for individuals and families who are curious about evolving their diets but don't want to give up the dishes, and drinks, they love.

The blogger behind the Saveur award-winning blog

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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

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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

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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

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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



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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,

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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

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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

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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.

Ellen DeGeneres' personal

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chef, Roberto Martin, shares over 125 delicious vegan recipes he's created for Ellen DeGeneres and Portia de Rossi that he hopes will make healthy vegan cooking accessible and easy for everyone. Portia de Rossi

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explains in her foreword,  
"Roberto taught me that the  
key to making good food  
vegan is substitution ...  
you can enjoy all your  
favorite foods and never  
feel deprived." Some of the  
standouts Martin, a Culinary

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Institute of America-trained chef, has developed for Ellen and Portia include: Banana and Oatmeal Pancakes, Avocado Reuben, Red Beans and Rice, "Chick'n" Pot Pie, and Chocolate Cheesecake. Featuring mouthwatering

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photographs by award-winning food photographer, Quentin Bacon, this cookbook will appeal to die-hard carnivores and vegetarians alike.

Let Them Eat Vegan!  
Effortless Vegan



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Frugal Vegan

Vegan YUM

101 Artisan Vegan Meat

Recipes to Cook, Share, and  
Savor

Vegan for Everybody

Free. From. Animals.

100 Simple Vegan Recipes for

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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

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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

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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

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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,

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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

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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

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The Easy Vegan Cookbook,  
vegans everywhere can  
enjoy easy, fast and  
family-friendly recipes  
for amazing food.

Recipes that build your  
skills—from easy-peasy



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pasta to more challenging  
sautés and baked  
dishes—from the  
bestselling author of  
Veganomicon. Isa Moskowitz  
learned to cook from  
cookbooks, recipe by

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recipe. And after a few decades of writing her own cookbooks, she knows what the people want: easy-to-follow instructions and accessible ingredients. I Can Cook Vegan is for

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cooks of all stripes: The  
Just-Born, Brand New Cook  
The Tried-and-True  
Seasoned Cook Who Is Tofu-  
Curious The Busy Weeknight  
Pantry Cook (this is  
everyone) The Farmers'

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Market Junkie Who Looks at  
All the Pretty Colors The  
Reluctant Parent to the  
Vegan Child For Anyone  
Doing Vegan for the  
Animals For Anyone Doing  
Vegan for the Health Each

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chapter is a building block to becoming a better, more competent cook. The book teaches readers to cook the way someone might learn a new instrument: master a

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couple of chords, and then start to put them together to form songs. Each chapter starts with a fresh mission, and readers will cook their way through pastas, salads,

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sandwiches, bowls, sautés,  
sheet-pan suppers, and  
sweets—more than 125  
recipes!—until they are  
ultimately the Best Cook  
Imaginable. “The recipes  
in here are simple and

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streamlined. Perfect for those days when you just want something plain, simple, and still satisfying. Perfect when you want a recipe that you know is going to turn out



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first time.” —Coastal  
Vegans

From delicious dals to  
rich curries, flat breads,  
savory breakfasts, snacks,  
and much more, this vegan  
cookbook brings you Richa

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Hingle's collection of plant-based Indian recipes inspired by regional cuisines, Indian culture, local foods, and proven methods. Whether you want to enjoy Indian cooking,

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try some new spices, or add more protein to your meals using legumes and lentils, this book has got it covered. You'll explore some well-known and new Indian flavor profiles

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that are easy to make in your own kitchen. Learn the secrets of eclectic Indian taste and textures, and discover meals in which pulses and vegetables are the stars

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of the dish. And once you taste Richa's mouth-watering desserts, they will likely become your new favorites. Within these pages you will find recipes to please all the

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senses, including: • Mango  
Curry Tofu • Whole Roasted  
Cauliflower in Makhani  
Gravy • Baked Lentil  
Kachori Pastries • Quick  
Tamarind-Date Chutney •  
Avocado Naan • Fudgy

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Cardamom Squares The recipes have been designed to simplify complex vegan cooking procedures, and Richa's workflow tips incorporate modern appliances and techniques

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from other cuisines to  
reduce cooking times.  
Replacement spices are  
indicated wherever  
possible, and Richa also  
provides alternatives and  
variations that allow



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people to be playful and creative with the Indian spices called for in the recipes. The restaurant-quality vegan recipes are ideal to make for yourself, for family, and

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for entertaining guests.  
Family friendly, plant-  
based and gluten-free  
recipes from PBS Celebrity  
Chef Laura Theodore.  
Whether you are an  
accomplished vegan chef or

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just learning the craft of creating pleasing plant-based meals for your family, it is essential to find recipes that are delicious and easy to prepare. Celebrity chef

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Laura Theodore shows you how in Easy Vegan Home Cooking. Featuring healthy recipes that require eight ingredients or fewer and focusing on bountiful breakfasts, light lunches,

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satisfying suppers, and  
delightful desserts, Easy  
Vegan Home Cooking is  
designed to please vegans,  
vegetarians, and omnivores  
alike. Easy Vegan Home  
Cooking takes the

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guesswork out of eating  
healthier by sharing  
shopping lists, pantry  
"must-haves," quick  
cooking tips, flavor  
enhancers, and effective  
plant-based substitutions.

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Fuss-Free Vegan

The Student Vegan Cookbook

101 Everyday Comfort Food

Favorites, Veganized

300 International Recipes

for Savoring the Planet

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101 Recipes You Can Make  
in 30 Minutes or Less, for  
\$10 or Less, and with 10  
Ingredients or Less!

The secret to delicious  
vegan cooking from the  
Mediterranean and beyond



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Vegan Eats World  
Recipes, tips, and  
strategies for easy,  
delicious vegan meals  
every day of the week,  
from America's  
bestselling vegan

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cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In

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Isa Does It, the beloved  
cookbook author shares  
150 new recipes to make  
weeknight cooking a  
snap. Mouthwatering  
recipes like Sweet  
Potato Red Curry with

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Rice and Purple Kale,  
Bistro Beet Burgers, and  
Summer Seitan Saute with  
Cilantro and Lime  
illustrate how simple  
and satisfying meat-free  
food can be. The recipes

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are supermarket friendly  
and respect how busy  
most readers are. From  
skilled vegan chefs, to  
those new to the vegan  
pantry, or just cooks  
looking for some fresh

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ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

Being vegan doesn't have

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to mean living off kale  
and quinoa, or spending  
your money on fancy and  
expensive ingredients.  
And it definitely  
doesn't have to mean  
feeling limited for

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choices of what to eat!  
What if “vegan food”  
could mean cheesy nachos  
and pizza, hearty  
burritos, gooey spinach  
and artichoke dip,  
decadent chocolate cake



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or even crème brûlée?

Well, it can. In Fuss-Free Vegan, Sam Turnbull shows you that “vegan” does not equal unappetizing dishes, complicated steps,

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ingredients you have never heard of, or even food that tastes healthy. Instead, she gives you drool-worthy yet utterly fuss-free recipes that will bring

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everyone together at the table, vegans and non-vegans alike, in a chorus of rave reviews. This is the cookbook Sam wishes she had when she went vegan: one that

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recreates and veganizes  
the dishes she loved  
most in her pre-vegan  
days, like fluffy  
pancakes and crispy  
bacon, cheesy jalapeño  
poppers and pizza

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pockets, creamy Caesar salad and macaroni and cheese, rich chocolate brownies and holiday-worthy pumpkin pie, to name just a few. (And there's no hummus recipe

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in sight.) Say goodbye  
to searching endlessly  
around for that one  
special ingredient that  
you can't even  
pronounce, or cooking  
dishes that don't

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deliver on their promise of yumminess; instead, say hello to ingredients you can pick up at your local grocery store, step-by-step techniques, and Sam's enthusiastic

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voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to



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lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan

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life, Sam Turnbull and  
Fuss-Free Vegan are your  
ultimate guides in the  
new vegan kitchen.

A fun and irreverent  
take on vegan comfort  
food that's saucy,

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sweet, sassy, and most definitely deep-fried, from YouTube sensation Lauren Toyota of Hot for Food. In this bold collection of more than 100 recipes, the world

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of comfort food and  
vegan cooking collide as  
Lauren Toyota shares her  
favorite recipes and  
creative ways to make  
Philly cheesesteak,  
fried chicken, and mac

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'n' cheese, all with simple vegan ingredients. Never one to hold back, Lauren piles plates high with cheese sauce, ranch, bacon, and barbecue

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sauce, all while sharing personal stories and tips in her engaging and hilarious voice. The result is indulgent, crave-worthy food - like Southern Fried

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Cauliflower, The Best  
Vegan Ramen, and  
Raspberry Funfetti Pop  
Tarts - made for sharing  
with friends at  
weeknight dinners,  
weekend brunches, and

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beyond.

INSTANT NEW YORK TIMES  
BESTSELLER An all-new  
collection of more than  
120 recipes that are so  
delicious and easy to  
make, you might forget



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they're vegan, from the  
#1 New York Times  
bestselling author of  
Deceptively Delicious,  
Double Delicious, The  
Can't Cook Book, and  
Food Swings. Jessica

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Seinfeld isn't a committed vegan. Her husband and her children aren't, either. Instead of convincing you to become vegan or shaming you for eating meat, she

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simply wants to show you  
how easy it is to be a  
vegan, at times, by  
cooking flavorful,  
affordable, and robust  
plant-based meals  
whenever you

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want—whether that's every day, once a week, or just once in a while. With her reassuring and accessible style, Jessica shows you step-by-step recipes for

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sweet and savory  
breakfasts, comforting  
and healthy meals for  
lunch and dinner,  
delicious snacks that  
can be whipped together  
quickly, and essential

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saucers and dressings—all tailored to home cooks. She also demonstrates how to create a basic vegan pantry filled with the essential items to keep in stock, explains

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what kitchen equipment  
you'll want to have on  
hand, gives sample menus  
for combining recipes,  
and tells relatable  
stories from her  
adventures in vegan

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cooking with her family.  
Simple, affordable, and  
comforting, and infused  
with Jessica's  
"encouraging attitude"  
(Publishers Weekly),  
Vegan, at Times is the



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perfect gateway to a  
healthier and more  
balanced you.

The Secrets to Mastering  
Plant-Based Cooking  
Over 200 Delicious  
Recipes and Tips to Save

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You Money and Stock Your  
Pantry

Eat Vegan on \$4.00 a Day

The Conscious Cook

Vegan Diet for Beginners

Isa Does It

35 Delicious and Easy

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Recipes for a New  
Healthy Vegan Lifestyle  
Cook Share Eat Vegan  
Cook Share Eat Vegan Delicious plant-  
based recipes for Everyone Mitchell  
Beazley

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No fads, no frills, just 120 vegan recipes that have stood the test of time from award-winning food writer Georgina Hayden, currently appearing on Channel 4's The Great Cookbook Challenge Nistisima means fasting food – food eaten during Lent and other

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times of fasting observed by those of Orthodox faith. Mostly this involves giving up meat and dairy and instead using vegetables, pulses and grains to create easy, delicious dishes that all just happen to be vegan. In this book, Georgina draws on the history and

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culture around nistisimo cooking in the Mediterranean, Middle East and Eastern Europe to share the simple, nutritious and flavour-packed recipes at the heart of the practice, including:

- Salatet malfouf cabbage slaw
- Briam ('Greek ratatouille')
- Pumpkin, raisin

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and harissa pie · Kibbet el raheb,  
'monks' soup' · Jewelled lentil  
moutzentra · Rizogalo rose rice  
pudding with roasted strawberries ·  
Moustokouloura spiced grape, honey  
and chocolate biscuits Whether you're  
vegan, vegetarian, or simply want to

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eat more plant-based food, Nistisima offers you tried and tested recipes that celebrate the very best of this tradition – all bursting with flavour and all surprisingly vegan.

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'Mouthwatering recipes and beautiful



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storytelling – I want a seat at

Georgie's table.' JAMIE OLIVER

"Finally, a professionally trained chef to lead us on a journey to eat more plants in a most delicious and joyful way. I'm not fully vegan yet, but Chef Bai has really helped me see it is very possible.

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So buy the book, it will fast become a favorite!" - Amazon Customer, 5-Star Review  
70 Amazing Recipes to Kick-Start Your Plant-Based Journey With the guidance of professional plant-based chef Bailey Ruskus, adopting a whole-food, plant-based lifestyle is full

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of fun and flavor. Learn to make easy, nutrient-dense dishes you ' ll want again and again, while inviting purpose and intention into every meal.

Consider this collection a gateway into the colorful and delicious plant kingdom. Each recipe is designed to

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teach core culinary techniques, so you can become confident and creative in the kitchen. Comforting classics—think pizza, falafel, tacos and curry—get a vibrant vegan makeover, ensuring tasty alternatives for any craving. Savor Spaghetti Alfredo in an indulgent sauce

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that won't weigh you down;  
experience better-than-takeout Miso-  
Mushroom Ramen, low in sodium but  
big on umami; or dig into a chocolate-  
studded oatmeal cookie, packed with  
good-for-you ingredients. Fridge staples  
are made healthier and cheaper with

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essentials like Not Your Mama ' s Salted Butter, Herbed Creamy Feta and Cashew-Hemp Milk. To encourage holistic healing from the inside out, most of Bailey ' s recipes are gluten-free and all are free of refined sugars. Whether it ' s a quick

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garden bowl or slow-simmered chili, these dishes are fuss-free and seriously nourishing. Let Bailey lead the way as you embrace Earth ' s abundance, cook consciously and feel better than ever. \*70 Recipes & 70 Full-Page Photographs\*

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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



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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

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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,

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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

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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

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- 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

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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.

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Delicious plant-based recipes for  
Everyone

The Vegan Instant Pot Cookbook  
Foolproof Plant-Based Recipes for  
Breakfast, Lunch, Dinner, and In-  
Between  
Field Roast