

Access Free Vegan Richas Everyday Kitchen Epic Anytime Recipes With A World Of Flavor

Vegan Richas Everyday Kitchen Epic Anytime Recipes With A World Of Flavor

Vegan Without Borders shares Robin Robertson's favorite dishes from the great cuisines of the world and shows how cooking vegan makes borders disappear. Whether the recipe hails from Ecuador or Ethiopia, these plant-based dishes invite you to travel the culinary world and sample 150 of Robin's all-time favorites. This mini-immersion into global cooking also reveals that many international cuisines are naturally free of the meat-and-potatoes constraints of the typical Standard American Diet (SAD), and food-loving vegans will delight at the dishes Robin places on her table at home. The recipes are healthy and accessible but without compromising on flavor. The pastiche of plant-based delights are organized by country or region of the world, making it easy to prepare a single recipe or to put courses together for a complete meal in a particular cuisine. The recipes include family-style comfort foods, global ethnic favorites, and creative new dishes inspired by the classics, all developed to satisfy a variety of mealtime desires. The result is a bounty of mouthwatering recipes that span the globe, representing the cooking traditions of more than twenty different countries of Europe, the Americas, Africa, the Middle East, India, and Asia. Recipes include: Polenta Rustica with Kale and Bean Ragout Potato Gratin Dauphinoise Baked Eggplant Fries with Tzatziki Sauce Chickpea Nuggets with Buffalo Barbecue Ranch Sauce Blue Ribbon Chocolate Cake Mojito Sweet Potatoes Melon

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Paletas Za'atar Roasted Cauliflower Lemongrass Coconut Rice Red-Cooked Tempeh
Sizzling Saigon Crepes Bangkok Street Cart Noodles

Designated driver? Going back to work after lunch? Having a party with lots of teens and tweens or people who just don't want alcohol? When a cocktail isn't the right choice, it's time to enjoy a mocktail: delectable, refreshing soda- and juice-based blends that forgo the alcohol but keep the flavor. And there's more than a standard-issue Virgin Mary or a Shirley Temple on the menu here. Kester Thompson, a top bartender, understands that you can't just forget the tequila in the margarita or the rum in the daiquiri; the flavor won't be right that way. Instead, he's whipped up a host of gourmet sensations, some meant for a sophisticated palate, others designed to please a thirsty child.

Make Incredible Vegan Versions of Your Favorite Asian Meals If you crave vegan-friendly versions of classic Asian dishes, this will become your new favorite cookbook! Jeeca Uy, of the hit Instagram account @TheFoodieTakesFlight, transforms traditional Southeast and East Asian cuisine into spectacular vegan renditions that are bursting with flavor.

From iconic Thai dishes to piping-hot Japanese fare and everything in between, Jeeca's recipes will take your palate on a delicious food trip across Asia that will keep you coming back for more. So, why order takeout when you can easily whip up a vegan version that is not only healthier but can taste even better? Find your favorites and discover new ones with recipes such as: Pad Thai Char Siu Tofu Vietnamese Mushroom Pho Singaporean Chili Tofu Chinese Lettuce Wraps Yang Chow Fried Rice Japanese Yakisoba Spicy Dan

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Dan Noodles Satay Tofu Sticks with Peanut Sauce Korean Bulgogi Mushrooms Along with vibrant photographs, Jeeca has packed this book with tips and tricks to guide any cook, vegan or not, on how best to work with tofu, how to fold dumplings, how to make vegan versions of essential sauces and so much more. This cookbook will quickly become your go-to guide for simple yet delicious vegan Asian recipes.

From two popular bloggers and leaders in the functional medicine movement, here's the ultimate guide to eating healthfully as a family—a simple, practical cookbook that shows how easy it is to ditch processed foods one meal at a time with 365 delicious, whole food-based, allergen-free recipes that the entire family will love. It can be daunting to live a whole foods lifestyle in today's busy world—even more so to prepare plant-rich, allergen-free meals that'll get the whole family around the table. Popular blogger Ali Segersten and functional medicine expert Tom Maltter are a team devoted to teaching their children—and readers—the importance of living a whole foods lifestyle. *Nourishing Meals* makes it easy and fun with dishes that burst with flavor, such as their Cherry Pecan Salad, Butternut Squash and Pinto Bean Enchiladas, Chipotle-Lime Roasted Chicken, and Banana Coconut Cream Pie. Every recipe in the book is free of the most common allergens: gluten, soy, eggs, and dairy, as well as refined sugar. And these dishes are designed to appeal to everyone, including vegan, vegetarian, seafood, and meat-eaters. In addition to wonderful food, Ali and Tom offer easy, doable steps to help you change your family's health, tips for making the transition easier, and ways to get the kids excited

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about wholesome foods. They map out the best foods and recipes for every stage of having a family, from pre-conception and pregnancy through each year of a child's life. And they explain in accessible terms what makes their recipes so effective for achieving optimal health. Originally self-published with an avid following, this edition will feature more than 30 new recipes, and many of the original recipes have been updated. This new edition will also include 100 beautiful all-new food photos featured in two inserts. With an easy, tasty recipe for every day of the year, it's never been simpler to adopt a healthy, whole foods lifestyle!

From Michael Greger, M.D., FACLM, the physician behind the trusted and wildly popular website Nutritionfacts.org, and author of the New York Times bestselling book *How Not to Die*, comes a beautifully-designed, comprehensive cookbook complete with more than 120 recipes for delicious, life-saving, plant-based meals, snacks, and beverages that's a perfect gift for healthy conscious eaters. Dr. Michael Greger's bestselling book, *How Not to Die*, presented the scientific evidence behind the only diet that can prevent and reverse many of the causes of premature death and disability. Now, *The How Not to Die Cookbook* puts that science into action. From Superfood Breakfast Bites to Spaghetti Squash Puttanesca to Two-Berry Pie with Pecan-Sunflower Crust, every recipe in *The How Not to Die Cookbook* offers a delectable, easy-to-prepare, plant-based dish to help anyone eat their way to better health. Rooted in the latest nutrition science, these easy-to-follow, stunningly photographed recipes will appeal to anyone looking to live a longer,

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healthier life. Featuring Dr. Greger's Daily Dozen—the best ingredients to add years to your life—The How Not to Die Cookbook is destined to become an essential tool in healthy kitchens everywhere.

East Meets Vegan

Isa Does It

A Journey Through the Best of Indian Home Cooking

90 Easy, Plant-Based Recipes from India

105 Inspired Dishes for Everyone

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

The Abundant World of Vegan Recipes

Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan 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 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 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 are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to

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those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

American courts routinely hand down harsh sentences to individuals, but a very different standard of justice applies to corporations. Too Big to Jail takes readers into a complex, compromised world of backroom deals, for an unprecedented look at what happens when criminal charges are brought against a major company in the United States.

Ninety recipes from six Asian countries capture the color, spice, and comfort of classic dishes—now totally vegan East Meets Vegan is your new passport to foods from all over Asia, offering both the tastes and nostalgia of home-cooked favorites with health and sustainability in mind. Drawing on the traditional menus of six Asian countries—India, Thailand, Singapore, Malaysia, China, and Japan—22-year-old food blogger and medical student Sasha Gill shares the secrets of how she keeps her diverse Asian kitchen simple, affordable, yet always delicious. Inside, you'll find:

- Plant-based versions of Asian favorites: spring rolls, red bean pancakes, and mango lassis*
- Can't-believe-it's-vegan twists: Tandoori cauliflower "wings," pineapple fried rice, jackfruit biryani, and a nigiri sushi feast to feed a crowd*
- A mix-and-match guide: Combine leftovers for personalized*

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Asian fusion. Saturated with mouthwatering photography, East Meets Vegan takes you on a life-changing culinary journey from the comfort of your own kitchen.

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,

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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.

In this enlightening cookbook, chef Jennifer Brule brings southern-style food together with plant-based approaches to eating. Her down-to-earth style and 105 recipes will immediately appeal to vegetarians, vegans, and meat-eaters alike. These dishes are also a boon for those who simply love southern food and want to learn more about options for flexitarian eating. Brule deliciously demystifies meat substitutes and flavors up familiar vegetables. Imagine vegetarian barbecue: Brule's recipe for spicing, saucing, and oven-roasting jackfruit offers a robustly tasty alternative to pulled pork. Tofu is the perfect base for crispy Southern Fried Buttermilk Nuggets, and cauliflower beautifully fills in for shrimp in a Cajun-inspired etouffee. Brule also highlights just how many traditional southern dishes are in fact vegetarian, and they're gathered together for you in this gorgeously illustrated book. Beloved foods like tomato pie, pimento cheese, grits

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casserole, and more will encourage you to skip the meat without a second thought. With step-by-step instructions and notes on how to easily find new ingredients, The New Vegetarian South gathers a feast for everyone.

How Prosecutors Compromise with Corporations

300 International Recipes for Savoring the Planet

Simple and satisfying plant-based recipes for every day

Vegan Eats World

Eat Well and Be Healthy with Globally Inspired, Vegetable-Forward Recipes

Epic Anytime Recipes with Worlds of Flavor

Too Big to Jail

Recipes and Stories from a Southern Boy's Heart: A Cookbook

An Inspired Collection of Time-Honored Mexican Recipes Follow along with Jocelyn Ramirez as she transforms the traditional dishes she grew up making alongside her Abuela into wonderfully flavorful plant-based meals everyone will love. With only a few simple and affordable substitutions, you can capture all the spicy, earthy, savory deliciousness of authentic Mexican cooking, and help friends, family and even the die-hard meat-eaters enjoy a new side of Latin cuisine. Amaze your taste buds with healthier versions of kitchen staples like Queso Fresco (Fresh Cheese), Chile de Árbol y Tomatillo (Árbol Chiles with Tomatillo) and Tortillas Hechas a Mano (Handmade Tortillas). Then make hearty, filling mains that carnivores and vegans alike will come back to again and again, such as Tacos de Yaca Carnitas (Jackfruit

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Carnitas Tacos), Sopa de Tortilla con Crema (Tortilla Soup with Cream) and Mole Verde con Champiñones (Mushrooms in Green Mole). With these 60 recipes you ' ll be cooking the foods you love with better-for-you ingredients.

Discover the Healing Power of Bliss Rx Transform your relationship with habits, lifestyle, and disease using Dr. Kavitha Chinnaiyan's remarkable approach to health. Integrating modern medicine and the ancient wisdom of Yoga, Vedanta, and Ayurveda, *The Heart of Wellness* shows you how to break free of the false assumption that disease is something you need to fight. Instead, you'll explore the mind-body connection and your true nature so that you can end suffering and embrace the unlimited bliss of who you are. You'll begin by examining the nature of disease: the causative and risk factors, the role of diet, exercise, and medication, and how Eastern and Western medical practices can come together. A holistic and self-paced practice is outlined, based on the author's successful *Heal Your Heart Free Your Soul* program. With it you'll learn to reduce stress, attend to inner needs with meditation and breathwork, declutter your outer life, increase forgiveness and gratitude, and so much more. Praise: "[*The Heart of Wellness*] is a must-read for anyone who wants to truly understand what it means to live whole-heartedly—regardless of one's state of health."—Christiane Northrup, MD, New York Times bestselling author of *Goddesses Never Age* "Along with her expert modern medical knowledge, [Kavitha] has brought compassion, gratitude, and Vedic wisdom in a clinical, helpful way to bring about total health."—Vasant Lad, BAMS, MASc, Ayurvedic physician and author of *The Complete Book of Ayurvedic Home Remedies*

A user-friendly volume by the author of *Vegan with a Vengeance* and *Vegan Cupcakes Take Over the World* contains 250 recipes that include a variety of gluten-free and tofu-free options

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for numerous occasions.

Gourmet restaurateur and vegan food expert Miyoko Schinner shares her secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavors out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm. For readers who want to whip up something quick, Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, creme fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favorite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant parmesan and her own San Francisco cheesecake.

A renowned chef and physician shares her secrets to a healthy life in this cookbook filled with healthy recipes that will fuel and energize your body and mind. "I like to think of a spicebox as the cook's equivalent of a doctor's bag--containing the essential tools to use in the art of cooking. Learning to use spices is the best way to add interest and vibrancy to simple home cooking."—from the Introduction In her first cookbook, chef and physician Linda Shiue puts the phrase "let food be thy medicine" to the test. With 175 vegetarian and pescatarian recipes curated from her own kitchen, Dr. Shiue takes you on a journey of vibrant, fresh flavors through a range of spices from amchar masala to za'atar. With a comprehensive "Healthy Cooking 101" chapter, lists of the healthiest ingredients out there, and tips for prevention, Spicebox

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Kitchen is a culinary wellness trip you can take in your own kitchen.

Black Food

Think Like a Monk

To Your Fabulous Health! The Best of Two Culinary Worlds

28 days to a happier gut and a healthier you

The Ultimate Vegan Cookbook

Nourishing Meals

Epic Vegan

Train Your Mind for Peace and Purpose Every Day

In her second book, Richa Hingle applies her culinary skills to international comfort foods. She delivers a wealth of flavor-packed "awesome sauces" and mix-and-match ideas to inspire you to create stunning meal combinations. These unique recipes have amazing depths of flavor, are easy to make, and have allergy-friendly options. Enjoy Richa's wow factor in sensational curries, comforting casseroles, and the next-generation of plant-based burgers, and more. Recipes include: One-Pot Peanut Butter Noodles Green Curry Fried Rice Crispy Kung Pao Cauliflower Chickpea Jackfruit Burgers Alfredo Spinach Pizza Tiramisu Fudge Bars Here are chapters devoted to flavor-packed sauces, soups, sandwiches, breakfasts, sweets, and more. You will also find

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helpful techniques and mix-and-match ideas that will inspire creativity and provide stunning meal combinations. You will find this book to be indispensable in your kitchen, and the recipes will appeal to both vegans and non-vegans alike.

NAACP IMAGE AWARD WINNER • “Phenomenal . . . transforms the kitchen into a site for creating global culinary encounters, this time inviting us to savor Afro-Asian vegan creations.”—Angela Y. Davis, distinguished professor emerita at the University of California Santa Cruz IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New Yorker • The Washington Post • Vogue • San Francisco Chronicle • Forbes • Food & Wine • Salon • Garden & Gun • Delish • Epicurious More than 100 beautifully simple recipes that teach you the basics of a great vegan meal centered on real food, not powders or meat substitutes—from the James Beard Award-winning chef and author of Afro-Vegan Food justice activist and author Bryant Terry breaks down the fundamentals of plant-based cooking in Vegetable Kingdom, showing you how to make delicious meals from popular vegetables, grains, and legumes. Recipes like Dirty Cauliflower, Barbecued Carrots with Slow-Cooked White Beans, Millet Roux

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Mushroom Gumbo, and Citrus & Garlic-Herb-Braised Fennel are enticing enough without meat substitutes, instead relying on fresh ingredients, vibrant spices, and clever techniques to build flavor and texture. The book is organized by ingredient, making it easy to create simple dishes or showstopping meals based on what's fresh at the market. Bryant also covers the basics of vegan cooking, explaining the fundamentals of assembling flavorful salads, cooking filling soups and stews, and making tasty grains and legumes. With beautiful imagery and classic design, Vegetable Kingdom is an invaluable tool for plant-based cooking today. Praise for Vegetable Kingdom "In the great Black American tradition of the remix and doing what you can with what you got, my friend Bryant Terry goes hard at vegetables with a hip-hop eye and a Southern grandmama's nature. To paraphrase Maya Angelou, Bryant wants us to know that once we know vegetables better, we will cook vegetables better. He ain't lyin'."—W. Kamau Bell, comedian, author, and host of the Emmy Award-winning series United Shades of America "[Terry's] perspective is casual and family-oriented, and the book feels personal and speaks to a wide swath of cooks . . . each dish

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comes with a recommended soundtrack, completing his mission to provide an immersive, joyful experience.”—Publishers Weekly (starred review)

The ultimate guide for those suffering from celiac disease and other gluten intolerances! Offers more unique gluten-free dishes than other cookbooks Simplifies preparing delicious gluten-free meals Includes gluten-free options for breakfast, lunch, dinners, and even snacks and desserts

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the *Minimalist Baker* blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for

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hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

A beautiful, rich, and groundbreaking book exploring Black foodways within America and around the world, curated by food activist and author of Vegetable Kingdom Bryant Terry. ONE OF THE TEN BEST COOKBOOKS OF THE YEAR: The New Yorker, San Francisco Chronicle, Boston Globe • ONE OF THE BEST COOKBOOKS OF THE YEAR: The Washington Post, Time Out, NPR, Los Angeles Times, Food52, Glamour, New York Post, Minneapolis Star Tribune, Vice, Epicurious, Shelf Awareness, Publishers Weekly, Library Journal "Mouthwatering, visually stunning, and intoxicating, Black Food tells a global story of creativity, endurance, and imagination that was sustained in the face of dispersal, displacement, and oppression."—Imani Perry, Professor of African American Studies at Princeton University In this stunning and deeply heartfelt

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tribute to Black culinary ingenuity, Bryant Terry captures the broad and divergent voices of the African Diaspora through the prism of food. With contributions from more than 100 Black cultural luminaires from around the globe, the book moves through chapters exploring parts of the Black experience, from Homeland to Migration, Spirituality to Black Future, offering delicious recipes, moving essays, and arresting artwork. As much a joyful celebration of Black culture as a cookbook, *Black Food* explores the interweaving of food, experience, and community through original poetry and essays, including "Jollofing with Toni Morrison" by Sarah Ladipo Manyika, "Queer Intelligence" by Zoe Adjonyoh, "The Spiritual Ecology of Black Food" by Leah Penniman, and "Foodsteps in Motion" by Michael W. Twitty. The recipes are similarly expansive and generous, including sentimental favorites and fresh takes such as Crispy Cassava Skillet Cakes from Yewande Komolafe, Okra & Shrimp Purloo from BJ Dennis, Jerk Chicken Ramen from Suzanne Barr, Avocado and Mango Salad with Spicy Pickled Carrot and Rof Dressing from Pierre Thiam, and Sweet Potato Pie from Jenné Claiborne. Visually stunning artwork from such notables as Black Panther

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Party creative director Emory Douglas and artist Sarina Mantle are woven throughout, and the book includes a signature musical playlist curated by Bryant. With arresting artwork and innovative design, *Black Food* is a visual and spiritual feast that will satisfy any soul.

Mocktails

Plant-Based Mexican Cooking with Authentic Flavor

Vegan Asian: A Cookbook

Heavenly Vegan Dals & Curries

Food52 Vegan

Vegetable Kingdom

The Plant-Based Diet Revolution

The Complete Idiot's Guide to Gluten-Free Vegan Cooking

What If the World Was Vegan? The true 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 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

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of 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 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. Discover the authentic taste of India - right from your kitchen. Whether you're new to Indian food and looking to experiment at home, or you're a level 10 curry-lover (like we are) and wish to recreate restaurant-style flavors, this is the cookbook for you. From Rajma Chawal to Paani Puri, you'll come across some of the gorgeous-looking, best-tasting, fun-to-make recipes in here. Some of our star recipes include: Dried Fruits Pulao Rajma Chawal Chana Masala Aloo Palak Matar Mushroom Masala South Indian Kurma Kadai Tofu Vegan Butter Chick'n Aloo Tikki Gobi Pakoda Aloo Pyaaz Paratha Creamy Tomato Soup Kaju Katli Nankhatai Imli Chutney Beautiful Images The cookbook is filled with gorgeous images that will not just inspire you, but will also help you understand how the final dish looks like. Every Information You'll Ever Need. We have fortified the cookbook with super useful tips and information so you can actually cook ALL 90 RECIPES without having to google any weird ingredients or kitchen appliances (btw, there aren't any weird ingredients nor kitchen tools). No More Scratching Your Head Indian foods don't exactly follow the set-it-and-forget-it rule like most dishes. The cooking is very much step-by-step based. This is

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why we have included multiple steps cooking directions in most of our recipes so you're more invested in the cooking journey than scratching your head. So let's enjoy some delicious plant-based, vegan Indian food together with Veganbell's Indian Vegan Cookbook: 90 Easy, Plant-Based Recipes from India

By the author of the bestselling Vegan Richa's Indian Kitchen. In her second book, bestselling author Richa Hingle applies her culinary skills to international comfort foods. These unique recipes are easy to make and have an astonishing depth of flavor. Enjoy Richa's wow factor in these curries and masalas as well as pizzas, casseroles, sweet-and-sour dishes, Asian noodles, and the next generation of plant-based burgers. You will also find chapters devoted to flavor-packed sauces, soups, sandwiches, breakfasts, sweets, and more, including: One-Pot Peanut Butter Noodles Spinach Curry Fried Rice Crispy Orange Cauliflower Buffalo Chickpea Pizza Manchurian Noodles Chickpea Chilaquiles Samosa-Stuffed French Toast Salted Date Caramel Pie Within these pages, you will find helpful techniques and mix-and-match ideas that will inspire creativity and provide stunning meal combinations. You will find this book to be indispensable in your kitchen, and the recipes will appeal to both vegans and non-vegans alike.

Presents a collection of Indian vegetarian recipes from the award-winning chef, with options for soups, dals, grains, eggs and dairy, chutneys, and desserts, and a separate section on ingredients. --Publisher's description.

Happy Vegan Comfort Food is the exact book that Karoline Jönsson would have wanted when she first became a vegan. Back then she was both hungry and

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bewildered by this new lifestyle. In order to help guide new vegans, Karoline has gathered her most indispensable recipes: dishes that provide a good basis and that can be used in various flavour combinations; food that adds warmth and comfort; delicious meals to simplify everyday life. Karoline invites us into her home and to her table to enjoy dinner, breakfast and snacks and the classic food that we always come back to when we think of home. Whether you are cutting down on your meat intake, starting a new vegan diet, or looking for fresh ideas to make dishes like Paella, Colcannon, and Frittatas, Karoline Jönsson, the author of bestselling Happy Vegan Christmas, is here to inspire you. Happy Vegan Comfort Food is a collection of dishes that always work and always taste good. The book is divided into sections: From scratch – how to make your own tofu, oat cream for cooking and tempeh. In the frying pan – dishes such as vegetable fritters, okonomiyaki (Japanese pancakes), scrambled tofu In the pot – soups, daal and stews In the oven – gratins and jacket potatoes with delicious fillings

The Art of Making Your Own Staples [A Cookbook]

100 Cutting-Edge, Ultra-Hearty, Easy-to-Make Salads You Don't Have to Be Vegan to Love

From Everyday to Gourmet

Chloe's Kitchen

Salad Samurai

Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week

Unapologetically Luscious and Decadent Dairy-Free Desserts

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Vegan Richa's Everyday Kitchen

'This book is fantastic. We love the recipes and secretly wish that we'd written them ourselves!' Stephen and David Flynn, *The Happy Pear* 'Get ready, because this book is going to change your life in so many positive ways!' Kathy Freston, *New York Times* best-selling author of *Clean Protein* 'Dr Alan Desmond's *The Plant-Based Diet Revolution* will introduce a new era of delicious food that promotes a healthy mind, body and gut. Long live - and live long - in the Revolution!' Dr Will Bulsiewicz, *New York Times* bestselling author of *Fiber Fueled* 'With clear scientific explanation, colourful illustrations, and dozens of easy, tasty recipes, Dr Desmond has created an instant classic that gently guides you through the delicious transition to a health-promoting, plant-based diet.' Dr Michael Klaper As rates of chronic disease continue to rise, 'What should we eat?' has become one of the most important questions of the 21st century. Dr Alan Desmond cuts through the diet confusion to explain how we can all unlock the power of a healthy gut and optimise our overall well-being by simply putting more plants on our plate. Alongside clear explanations of the science and 80 beautifully illustrated and completely plant-based recipes, you'll find 'the 28-day revolution', the essential step-by-step guide to discovering the true power of a plant-based diet for yourself. Join *The Plant-Based Diet Revolution* today

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and unleash the true power of the food on your plate!

Jay Shetty, social media superstar and host of the #1 podcast On Purpose, distills the timeless wisdom he learned as a monk into practical steps anyone can take every day to live a less anxious, more meaningful life. When you think like a monk, you'll understand: -How to overcome negativity -How to stop overthinking -Why comparison kills love -How to use your fear -Why you can't find happiness by looking for it -How to learn from everyone you meet -Why you are not your thoughts -How to find your purpose -Why kindness is crucial to success -And much more... Shetty grew up in a family where you could become one of three things—a doctor, a lawyer, or a failure. His family was convinced he had chosen option three: instead of attending his college graduation ceremony, he headed to India to become a monk, to meditate every day for four to eight hours, and devote his life to helping others. After three years, one of his teachers told him that he would have more impact on the world if he left the monk's path to share his experience and wisdom with others. Heavily in debt, and with no recognizable skills on his résumé, he moved back home in north London with his parents. Shetty reconnected with old school friends—many working for some of the world's largest corporations—who were experiencing tremendous stress, pressure, and unhappiness, and they invited Shetty to

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coach them on well-being, purpose, and mindfulness. Since then, Shetty has become one of the world's most popular influencers. In 2017, he was named in the Forbes magazine 30-under-30 for being a game-changer in the world of media. In 2018, he had the #1 video on Facebook with over 360 million views. His social media following totals over 38 million, he has produced over 400 viral videos which have amassed more than 8 billion views, and his podcast, On Purpose, is consistently ranked the world's #1 Health and Wellness podcast. In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, Think Like a Monk reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.

It can be difficult to find truly indulgent vegan desserts—especially chocolate. But for the first time, chocolate cakes, brownies, truffles, puddings, ice creams, and more are within reach: dairy-free, organic, fair-trade, and sublime. Author, baking instructor, and vegan powerhouse Fran

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Costigan has dedicated years to satisfying her sweet tooth while keeping it vegan. Through experimentation and long hours in the kitchen, she's recreated some of her favorite chocolate desserts as better-for-you interpretations that pass the taste test: Bittersweet Chocolate Truffles (with a variety of flavor variations), a Brooklyn Blackout Layer Cake, a Sacher Torte, even chocolate Moon Pies! Her detailed instructions make for professional-quality outcomes every time: it's like a personal baking class, right in your kitchen. The perfect gift for anyone with a sweet tooth, Vegan Chocolate is sure to become an instant classic.

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

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Curry Tofu • Whole Roasted Cauliflower in Makhani Gravy • Baked Lentil Kachori Pastries • Quick Tamarind-Date Chutney • Avocado Naan • Fudgy Cardamom Squares The recipes have been designed to simplify complex vegan cooking procedures, and Richa's workflow tips incorporate modern appliances and techniques from other cuisines to reduce cooking times. Replacement spices are indicated wherever possible, and Richa also provides alternatives and variations that allow 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 for entertaining guests.

The ultimate, reader-friendly guide into the world of food that is free of sugar, gluten, oil, dairy, and of course, guilt! This book features carefully curated, delicious, and healthy recipes covering a range of cuisines including Indian, Thai, Italian, Mediterranean, and American. Easy-to-cook and requiring ingredients commonly found in every kitchen, these whole plant-based recipes have been known to cure a variety of lifestyle diseases and also keep the bulge at bay. With the focus being on mindful, conscious, and sustainable eating, the authors successfully de-mystify the world of health food without compromising on taste, style, or simplicity.

The Sprouted Kitchen Bowl and Spoon

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hot for food all day

Simple and Inspired Whole Foods Recipes to Savor and Share [A Cookbook]

Epic Anytime Recipes with a World of Flavor

The Homemade Vegan Pantry

La Vida Verde

Easy Everyday Meals from Around the World

Vegan Richa's Indian Kitchen

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

Not Your Granny's Home Cookin'! Epic Vegan offers a step-by-step guide

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to creating timeless comfort foods that are over-the-top delicious, and always plant based. Think classic and nostalgic, yet messy, juicy, and Instagram-worthy at the same time. Are you into playing with your food? Epic Vegan does just that, encouraging home cooks to think outside of the box. Author Dustin Harder, host and creator of the original vegan travel culinary series, The Vegan Roadie, is your culinary coordinator for the adventure ahead, sharing recipes that everyone from beginner cooks to experienced chefs can create at home. How does it work? Recipes are built from the ground up, so you can stop at just the biscuit, or go beyond to the Deep Dish Brunch Pizza with Garlicky Cheddar Biscuit Crust—the choice is yours! Also included are recreations of fast-food classics, like Norito's Los Tacos and Cray Cray Bread (you know you can't resist). Every creation is a flavor sensation guaranteed to wow your friends and your taste buds. The level of indulgence is up to you to decide! What does an Epic Vegan recipe sound like? Here are just a few examples: Festive Cheesy Spinach Bread Savory Cheddar Fondu Waffle Bowl Monte Cristo Rolls Crab Rangoon Pizza Double Stacked Cookie Dough Cake Bacon Macaroni and Cheese Blue Burger Hushpuppy Phish Filet Sandwich Pumpkin Cream Cheese Latte Shake Cheesesteak Baked Potato Bowl Fried Chicken n Waffle Benedict Sandwich Stuffed Crust Meatball Parm Pizza Almost Famous Buffalo Chicken Lasagna Churro Cup Sundaes Epic Vegan offers a choose-your-own-adventure approach for you to become a

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kitchen warrior in your own home, your own way. Playing with your food has never been more fun, or more epic!

Vegan Richa's Everyday Kitchen Epic Anytime Recipes with Worlds of Flavor

More than 100 utterly simple, crazy-delicious vegan recipes that satisfy cravings all day, everyday, from YouTube guru and bestselling author of Vegan Comfort Classics Lauren Toyota. "I'm really looking forward to whipping up all of the delicious vegan meals in hot for food all day."—Jillian Harris, bestselling co-author of Fraiche Food, Full Hearts Buffalo chicken crunch wraps. The "spiced" grilled cheese. Stuffed breakfast danishes. Tokyo street fries. These are some of the totally tastebud-pleasing dishes that are within your reach in hot for food all day, a collection of Lauren's mind-blowing recipes for breakfast, lunch, dinner, and everything in between. With her signature bold style, Lauren guides you, step by step, through her favorite everyday dishes, using tips and tricks to level up leftovers, saving you from eating the same thing twice. Filled with drool-worthy photography for every recipe, as well as tasty ideas for entertaining and getting your snack on, Lauren shows why she's still hot for food, all day.

Discover the Way of the Salad Award-winning chef and Veganomicon coauthor Terry Hope Romero knows her veggies. In Salad Samurai, she's back to teach you the way of the veggie warrior, rescuing salads from

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their bland, boring reputation and "side" status with more than 100 vibrant, filling entrees. This is your guide to real salad bushido: a hearty base, a zesty dressing, and loads of seriously tasty toppings. Based on whole food ingredients and seasonal produce, these versatile meatless, dairy-free dishes are organized by season for a full year of memorable meals (yes, salad can rock even the coldest days of winter). Dig in to: Spring Herb Salad with Maple Orange Tempeh Deviled Kale Caesar Salad Seared Garlic Chickpeas, Spinach, and Farro Seitan Steak Salad with Green Peppercorn Dressing Herbed Pea Ricotta, Tomatoes, and Basil Mushroom, Barley, and Brussels Harvest Bowl Tempeh Rubenesque Salad Pomegranate Quinoa Holiday Tabouli Seitan Bacon Wedge Salad and many more! With designations for gluten-free and raw-ready options and recipes that are work-friendly, weeknight-ready, high-protein, and loaded with superfoods, Salad Samurai shows you the way of the salad: killer dishes that are satisfying, healthy, and scrumptious. Praise for Terry Hope Romero "This is exceptionally good food for vegans, vegetarians, and the rest of us who are trying to eat a more sustainable, healthy, plant-based diet." - Christian Science Monitor on Vegan Eats World "Exuberant and unapologetic...Moskowitz and Romero's recipes don't skimp on fat or flavor, and the eclectic collection of dishes is testament to the authors' sincere love of cooking and culinary exploration." - Saveur on Veganomicon

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100+ Recipes to Help Prevent and Reverse Disease

125 Easy, Delicious Recipes for Making the Food You Love the Vegan Way

Play Between Worlds

Spicebox Kitchen

Bridging Western and Eastern Medicine to Transform Your Relationship with Habits, Lifestyle, and Health

The Complete Bartender's Guide

365 Whole Foods, Allergy-Free Recipes for Healing Your Family One Meal at a Time : A Cookbook

The Best Dishes from Thailand, Japan, China and More Made Simple

A study of Everquest that provides a snapshot of multiplayer gaming culture, questions the truism that computer games are isolating and alienating, and offers insights into broader issues of work and play, gender identity, technology, and commercial culture. In Play Between Worlds, T. L. Taylor examines multiplayer gaming life as it is lived on the borders, in the gaps—as players slip in and out of complex social networks that cross online and offline space. Taylor questions the common assumption that playing computer games is an isolating and alienating activity indulged in by solitary teenage boys. Massively multiplayer online games (MMOGs), in which thousands of players participate in a virtual game world in real time, are in fact actively designed for sociability. Games like the popular Everquest, she argues, are fundamentally social spaces. Taylor's detailed look at Everquest offers a snapshot of multiplayer culture. Drawing on her own experience as an Everquest player (as a female Gnome Necromancer)—including her attendance at an Everquest Fan Faire, with

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its blurring of online—and offline life—and extensive research, Taylor not only shows us something about games but raises broader cultural issues. She considers "power gamers," who play in ways that seem closer to work, and examines our underlying notions of what constitutes play—and why play sometimes feels like work and may even be painful, repetitive, and boring. She looks at the women who play Everquest and finds they don't fit the narrow stereotype of women gamers, which may cast into doubt our standardized and preconceived ideas of femininity. And she explores the questions of who owns game space—what happens when emergent player culture confronts the major corporation behind the game.

Comforting Vegan Meals Full of Indian Flavor Rakhee Yadav, born and raised in India, simplifies and reimagines the traditional plant-based recipes of her childhood to create incredible meals the whole family will love. Each recipe in Heavenly Vegan Dals & Curries is bursting with the robust authentic flavor of Indian cooking and packed with nutrient-rich ingredients to yield satisfying, healthy dinners that are easy to make. The layered flavors of dals and curries make them versatile foods perfectly suited to becoming delicious, inexpensive meals with minimal effort—like sweet and savory Sweet Chili Coconut Pineapple Curry, Garam Masala Brussels Sprouts & Navy Beans Curry with Applesauce and Spicy Sweet Potato Curry with Zucchini Fries. These recipes are easily customized to your tastes as you can often substitute the vegetables in the recipes for the ones you have on hand. With this cookbook you'll be able to whip up wholesome vegan dinners that can come together in 30 minutes as well as slow food suppers fit for Sunday night. Whether you're vegan or just trying to spice up Meatless Monday, Heavenly Vegan Dals & Curries has

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something for everyone at the table.

*In this follow-up to her successful first book, *The Sprouted Kitchen*, blogger and author Sara Forte turns her attention to bowl food, which combines vegetables, whole grains, and lean proteins in one vessel to make a simple, complete, and nutritious meal. The bowl is a perfect vessel in which to create simple, delicious, and healthy meals. When gathered together in a single dish, lean proteins, greens, vegetables, and whole grains nestle against each other in a unique marriage of flavor and texture. This is how Sara Forte, beloved food blogger and author of the James Beard Award-nominated book *The Sprouted Kitchen*, cooks every day—creating sumptuous recipes colorful enough to serve guests, simple enough to eat with a spoon while sitting on the couch, and in amounts plentiful enough to have easy leftovers for lunch the next day. In this visually stunning collection that reflects a new and healthier approach to quick and easy cooking, Sara offers delicious, produce-forward recipes for every meal, such as *Golden Quinoa and Butternut Breakfast Bowl*; *Spring Noodles with Artichokes, Pecorino, and Charred Lemons*; *Turkey Meatballs in Tomato Sauce*; and *Cocoa Nib Pavlovas with Mixed Berries*.*

*An essential collection of hassle-free, vibrant vegan recipes, from the author behind Food52's wildly popular *The New Veganism* and *Vegan Lunch* columns. Omnivore or vegan (or anywhere in between), we're all looking for memorable, flavorful dishes to cook for ourselves and the people we care about. If those recipes happen to be healthful, nourishing, and friendly to vegetarians and vegans, even better. With her wildly popular *New Veganism* column on Food52, Gena Hamshaw has inspired home cooks to incorporate plant-based recipes into their everyday routine—and even gained some nutritional yeast and cashew*

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cheese converts. This vibrant collection of all-new recipes plus beloved favorites from the column—along with exquisite photography and helpful tips throughout—will show all of us innovative ways to cook with fresh produce and whole foods. From Savory Breakfast Polenta to Cauliflower and Oyster Mushroom Tacos to Ginger Roasted Pears with Vanilla Cream, these recipes are delicious, dependable, and deeply satisfying. Cook from this book just a couple of times and you'll soon find yourself stocking up on coconut oil, blending your own nut milks, seeking the sweetest tomatoes at the market, and looking at plant-based dishes in a whole new way.

A guide to creating vegan versions of pantry staples--from dairy and meat substitutes such as vegan yogurt, mayo, bacon, and cheese, to dressings, sauces, cookies, and more. Kitchen crafters know the pleasure of making their own staples and specialty foods, whether it's cultured sour cream or a stellar soup stock. It's a fresher, healthier, more natural approach to eating and living. Now vegans who are sick of buying over-processed, over-packaged products can finally join the homemade revolution. Studded with full-color photos, The Homemade Vegan Pantry celebrates beautiful, handcrafted foods that don't take a ton of time, from ice cream and pizza dough, to granola and breakfast sausage. Miyoko Schinner guides readers through the techniques for making French-style buttercreams, roasted tomatoes, and pasta without special equipment. Her easy methods make "slow food" fast, and full of flavor. The Homemade Vegan Pantry raises the bar on plant-based cuisine, not only for vegans and vegetarians, but also for the growing number of Americans looking to eat lighter and healthier, and anyone interested in a handcrafted approach to food.

Vegan Chocolate

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Mississippi Vegan

The Best of Asian Home Cooking, Plant-Based and Delicious

Exploring Online Game Culture

easy recipes to level up your vegan meals [A Cookbook]

Minimalist Baker's Everyday Cooking

Easy and Delicious Whole Food Recipes for the Everyday Cook

Robin Robertson's Vegan Without Borders

Say goodbye to dry, boring and overly processed and hello to easy, fun and delicious veggie burgers and burritos from Sophia DeSantis. These next level veggie burgers and burritos are approachable for any chef, and Sophia's mind blowing flavor combinations are unlike any other you've ever had. All burgers and burritos are plant-based, gluten-free and refined-sugar free, and feature real, whole food ingredients, as well as side dish and sauce pairings. Excite your tastebuds and feel satisfied and nourished with the unique and internationally inspired combinations that bring to together flavors even meat eaters will enjoy. Recipes include Smoky Hawaiian, Tangy Black Bean and Chiles and Curry burgers to burritos like Crispy Cauliflower "Fish", Greek Orzo and Thai Burritos. Sophia also includes notes on how to make some of the more exotic burgers and burritos accessible for kids and babies, and sauces like Sriracha Mayo and her coveted vegan sour cream recipe that she's been

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perfecting for years. This book features 75 delicious recipes and 75 mouth-watering photos.

60 Vegetable-Driven Recipes for Any Kitchen [A Cookbook]

Stories, Art, and Recipes from Across the African Diaspora [A Cookbook]

Oil, Sugar, Gluten and Dairy Free Vegetarian Recipes

Artisan Vegan Cheese

Exciting New Dishes From an Indian Girl's Kitchen Abroad

The New Vegetarian South

Traditional and Creative Recipes for the Home Cook

Wild and Over-the-Top Plant-Based Recipes