

Peace Parsnips Adventurous Vegan Cooking For Everyone 200 Plant Based Recipes Bursting With Vitality Flavor Inspired By Love Travel

The fun and easy way® to live a vegan lifestyle Are you thinking about becoming a vegan? Already a practicing vegan? More than 3 million Americans currently live a vegan lifestyle, and that number is growing. Living Vegan For Dummies is your one-stop resource for understanding vegan practices, sharing them with your friends and loved ones, and maintaining a vegan way of life. This friendly, practical guide explains the types of products that vegans abstain from eating and consuming, and provides healthy and animal-free options. You'll see how to create a balanced, nutritious vegan diet; read food and product labels to determine animal-derived product content; and stock a vegan pantry. You'll also get 40 great-tasting recipes to expand your cooking repertoire. Features expert guidance in living a vegan lifestyle and explaining it to friends and family Includes proper dietary guidelines so you can get the nutrition you need Gives you several action plans for making the switch to veganism Provides parents with everything they need to understand and support their children's choices With the tips and advice in Living Vegan For Dummies, you can truly live and enjoy a vegan way of life!

Friendly and inviting--bound to be a classic--"What's Cooking America" offers more than 800 tried-and-tasted recipes, accompanied by a wealth of well-organized information. When Andra Cook and Linda Stradley discovered that they each had been working on compiling favorite recipes requested by their children, they decided to throw their efforts into one pot and let it simmer for a while until the contents were thick and rich to emerge fully seasoned as "What's Cooking America." Andra Cook lives in North Carolina and Linda Stradley lives in Oregon. Enter Chloe's Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Network's hit show Cupcake Wars, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of America's favorite foods. Whether you're newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, you'll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloe's first-ever cookbook, illustrated throughout with gorgeous full-color photos of the mouthwatering dishes, offers helpful advice on how to set up your own kitchen for stress-free, healthful eating, as well as nutritional information, with support from the foreword by well-known physician Neal D. Barnard, M.D. Foodies of all stripes will revel in the huge array of incredibly appetizing, inventive recipes, all made with easily available ingredients, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy Fettuccine Alfredo, crave-inducing sliders and fries, and adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike. With Chef Chloe, eating vegan doesn't mean giving up your favorite treats and flavors. Those with food allergies will appreciate the instructions throughout for making these meat-, egg-, and dairy-free recipes without gluten and soy, so everyone can enjoy them. And the icing on the (cup)cake is her renowned, coveted desserts—including the first publication of the recipes for her Cupcake Wars-winning vegan cupcakes—the ultimate indulgence without busting your belt.

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 234 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books

Going vegan can be a daunting prospect. Many familiar foods and products are out of bounds, and it can be 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 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 (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 first time, including Jerk-marinated Cauliflower Steaks for a main course and Macadamia and Blueberry Cream Pie for dessert, and there are also 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 practical advice, non-judgemental approach and tempting recipes are the perfect tools as you begin your vegan journey.

100 updated classic and all-new Jewish-style recipes from a bright new star in the food community

Fresh out of college, Gesshin Claire Greenwood found her way to a Buddhist monastery in Japan and was ordained as a Buddhist nun. Zen appealed to Greenwood because of its all-encompassing approach to life and how to live it, its willingness to face life's big questions, and its radically simple yet profound emphasis on presence, reality, the now. At the monastery, she also discovered an affinity for working in the kitchen, especially the practice of creating delicious, satisfying meals using whatever was at hand — even when what was at hand was bamboo. Based on the philosophy of oryoki, or “just enough,” this book combines stories with recipes. From perfect rice, potatoes, and broths to hearty stews, colorful stir-fries, hot and cold noodles, and delicate sorbet, Greenwood shows food to be a direct, daily way to understand Zen practice. With eloquent prose, she takes readers into monasteries and markets, messy kitchens and predawn meditation rooms, and offers food for thought that nourishes and delights body, mind, and spirit.

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

The de facto how-to manual of the international Food Not Bombs movement, which provides free food to the homeless and hungry and has branches in countries on every continent except Antarctica, this book describes at length how to set up and operate a Food Not Bombs chapter. The guide considers every aspect of the operation, from food collection and distribution to fund-raising, consensus decision making, and what to do when the police arrive. It contains detailed information on setting up a kitchen and cooking for large groups as well as a variety of delicious recipes. Accompanying numerous photographs is a lengthy section on the history of Food Not Bombs, with stories of the jailing and murder of activists, as well as premade handbills and flyers ready for photocopying.

Showcasing the heartland dishes we all love made vegetarian, this cookbook provides a literal and visual feast of creative, generous cooking that's born in the traditions of the Midwest but transcends geographic boundaries. Celebrated photographer and blogger Shelly Westerhausen presents 100 wholesome, meatless recipes for everything from drinks to desserts. Thoughtfully organized by the adventures that make a weekend special-picnics, brunch, camping and more-this gloriously photographed book will inspire folks to eat well, wherever their vegetarian ventures lead them. Celebrating a fresh perspective in food, here's a new go-to that's perfect for vegetarians and anyone

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looking for more delicious vegetable-forward meals.

Chef Chloe, the first vegan winner of Cupcake Wars, brings her signature creativity and fun to the best part of every meal: Dessert! CHEF CHLOE'S first all-dessert cookbook, Chloe's Vegan Desserts, will satisfy your sweet tooth from morning to night with more than 100 recipes for cakes and cupcakes, ice cream and doughnuts and pies—oh my! And you just will not believe these delicious dishes are vegan. You can start the day with New York–Style Crumb Cake, light and zesty Lemon Poppy Seed Muffins, luscious Chocolate Babka, or decadent Tiramisu Pancakes (topped with a dollop of cool Coconut Whipped Cream). Here, too, are more than a dozen inventive, innovative, irresistible cupcake recipes, including Chloe's Cupcake Wars' Award-Winning Chocolate Orange Cupcakes with Candied Orange Peel, saffron- and cardamom-spiced Bollywood Cupcakes, and rich and boozy Chocolate Beer Cupcakes with Irish Whiskey Buttercream. Chloe's got you covered for the holidays with her Easy Apple Pie and Absolutely Perfect Pumpkin Pie, Holiday Trifle, Nuts for Hot Cocoa, and Pumpkin Spice Latte. She re-creates classic desserts and treats from Chocolate Chip Cookies to Classic Crème Brûlée, and veganizes store-bought favorites with her Oreo-style Chloe O's, Pumpkin Whoopie Pies, Animal Cookies, and Black-and-White Cookies—which are better (and healthier) than what you'll find at the grocery store. Chloe also serves up brand-new triumphs like her dreamy Lemon Olive-Oil Cake, Rosemary Ice Cream with Blueberry Sauce, Coconut Cream Pie, Chocolate Cream Pie, Coconut Sorbet with Cashew Brittle, and good-to-the-last-drop milkshakes. Who can possibly resist? Go ahead and lick that spoon—there are no worries when you bake vegan! With gorgeous color photography, clever tips, and a comprehensive section on vegan baking basics to get you started, Chloe's Vegan Desserts will be your new vegan dessert bible. "Vegan chef Chloe Coscarelli creates more than 150 recipes inspired by Italian cuisine"--

Peace & Parsnips Adventurous Vegan Cooking for Everyone: 200 Plant-Based Recipes Bursting with Vitality & Flavor, Inspired by Love & Travel The Experiment

'this book is filled with recipes that look so very, very good to eat.' NIGELLA LAWSON 'it's refreshing that 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 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 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 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 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. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean fritters Plantain burger Tabbouleh salad Carrot 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 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 cookbook is for you.

Plant-based recipes from a fun-loving, world-wandering chef you'll want to follow everywhere! Chef Lee Watson was once, in his own words, "the mightiest nose-to-tail carnivore of them all." But four years ago, he went completely vegan—and today, he's an easygoing evangelist for peaceful, plant-full eating! Now, Peace & Parsnips captures 200 of Lee's extraordinarily creative recipes, all "rooted" in his love of life and his many travels—from the streets of Mexico and the food bazaars of Turkey to the French countryside, the shores of Spain, the spice markets of India and beyond! Twelve chapters burst with gorgeous photos (200 in all!), tempting us with Lee's mouthwatering recipes—all meat-free, dairy-free and egg-free, and many gluten-free—that are brimming with goodness. Get set to savor: Breakfast: Plantain Breakfast Burrito with Pico de Gallo Smoothies, Juices & Hot Drinks: Healthy Hot Chocolate Soups: Zen Noodle Broth Salads: Fennel, Walnut & Celeriac Salad with Caesar-ish Dressing Sides: Turkish-Style Spinach with Creamy Tofu Ricotta Nibbles, Dips & Small Plates: Shiitake Tempura with Wasabi Mayo Big Plates: Parsnip & Walnut Rumbledethumps with Baked Beans Curries: Roasted Almond & Kohlrabi Koftas with Tomato & Ginger Masala Burgers & More: Portobello Pecan Burgers with Roasted Pumpkin Wedges Baked & Stuffed: Mexican "Pastor" Pie Sweet Treats: Raw Blueberry & Macadamia Cheesecake; Dark Chocolate & Beet Brownies Sauces, Dressings, Toppers & other Extras: Smoky Chipotle & Cauliflower Cheese Sauce; Tofu & Herb Feta! Lee's thoughtful, enthusiastic advice makes it easier than you think (and great fun) to create unforgettable meals from an inspiring array of seasonal fruits, fresh vegetables and easy-to-find staples. This is food that explodes with flavor, color and texture—and will delight and nourish everyone.

The groundbreaking New York Times bestseller that will transform your health—with 300 whole-food, plant-based recipes to help you lose weight, prevent disease, and thrive The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine—and the Forks Over Knives way is your solution. Forks Over Knives—the book, the film, and the movement—is the international phenomenon that first emphasized the benefits of plant-based eating, and thousands of people have cut out meat, dairy, and oils from their diet and seen amazing results. If you're one of them, or you'd like to be, you need this cookbook. Forks Over Knives—The Cookbook proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, and his collaborators transform wholesome fruits, vegetables, grains, and legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant "Steaks" Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great Grains: Polenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives—The Cookbook put the power of real, healthy food in your hands. Join the Forks Over Knives movement and start cooking the plant-based way today—it could save your life!

From tantalizing appetizers to delicious desserts, The Gluten-Free Italian Vegetarian Kitchen is a collection of authentic Italian dishes with a vegetarian and gluten-free twist. More than 225 recipes for appetizers, soups, salads, breads, pizzas, panini, gnocchi, risotto, polenta, and other main dishes, brunch, and dessert. Dishes are specified as dairy-free, egg-free, lacto-ovo, dairy-and-egg-free, vegan, and/or low-carb and the book gives tips and information on eating gluten-free, as well as a nutritional analysis of calories, protein, total fat, saturated fat, cholesterol, sodium, carbohydrates, and dietary fibre for every recipe. Also includes a glossary of gluten-free specialty ingredients

Think you know vegan cooking? Lengthy, complicated recipe lists, 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. 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, 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 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 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 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.

In 1975, *Gourmet* magazine published a series on traditional Japanese food —the first of its kind in a major American food magazine — written by a graduate of the prestigious Yanagihara School of classical cuisine in Tokyo. Today, the author of that groundbreaking series, Elizabeth Andoh, is recognized as the leading English-language authority on the subject. She shares her knowledge and passion for the food culture of Japan in *WASHOKU*, an authoritative, deeply personal tribute to one of the world's most distinctive culinary traditions. Andoh begins by setting forth the ethos of washoku (traditional Japanese food), exploring its nuanced approach to balancing flavor, applying technique, and considering aesthetics hand-in-hand with nutrition. With detailed descriptions of ingredients complemented by stunning full-color photography, the book's comprehensive chapter on the Japanese pantry is practically a book unto itself. The recipes for soups, rice dishes and noodles, meat and poultry, seafood, and desserts are models of clarity and precision, and the rich cultural context and practical notes that Andoh provides help readers master the rhythm and flow of the washoku kitchen. Much more than just a collection of recipes, *WASHOKU* is a journey through a cuisine that is rich in history and as handsome as it is healthful. Awards2006 IACP Award Winner Reviews "This extensive volume is clearly intended for the cook serious about Japanese food."—*Minneapolis Star Tribune* ". . . scholarly, yet inspirational . . . a foodie might just sit back and read for sheer enjoyment and edification."—*Milwaukee Journal Sentinel*

Winner of the 2009 James Beard Book Award for Best Book: Reference and Scholarship A groundbreaking guide to modern flavor pairings that will revolutionize the way you cook. Great cooking goes beyond following a recipe -- it's knowing how to season ingredients to coax the greatest possible flavor from them. Drawing on dozens of leading chefs' combined experience in top restaurants across the country, Karen Page and Andrew Dornenburg present the definitive guide to creating "deliciousness" in any dish. Thousands of ingredient entries, organized alphabetically and cross-referenced, provide a treasure trove of spectacular flavor combinations. Readers will learn to work more intuitively and effectively with ingredients; experiment with temperature and texture; excite the nose and palate with herbs, spices, and other seasonings; and balance the sensual, emotional, and spiritual elements of an extraordinary meal. Seasoned with tips, anecdotes, and signature dishes from America's most imaginative chefs, *The Flavor Bible* is an essential reference for every kitchen.

It doesn't matter where you are in the world, the most important things to any chef are their salt, knives and ingredients. *Bought, Borrowed & Stolen* brings them together, as they should be, for the first time. Allegra McEvedy's unique outlook brings together food, history and culture in one sumptuous volume. From all around the world, she relays stories from her past: recipes shared, experiences gained and techniques learned. An authentic glimpse into food and cultures from all around the world. Each chapter starts with a general introduction to the place, from China to Malawi and America to Brazil, continuing with an intricate knife detail page and several recipes from the country.

If you have decided you want to be vegan, where do you start? Or if you are an experienced cook how do you make plant-based meals that are delicious and full of variety? And if you are already vegan but looking for inspiration are there simple principles to help you come up with your own dishes? *The Happy Pear - The Essentials of Vegan Cooking for Everyone* is the answer to your questions. David and Stephen Flynn understand that the idea of vegan cooking can be daunting. But after twenty years of plant-based cooking, they have developed an encyclopaedic knowledge of how it works and how to make it simple, creative and totally irresistible. Dave and Steve's new book distils all their knowledge into ten chapters that are full of master recipes, step-by-step guides, fun variations and top tips, and an approach to plant-based eating that will inspire you to become the best cook of vegan food you can possibly be.

Eat fruits and vegetables not because you're told you should, but because you want them in every sense of the word. Because they are beautiful. And satisfying. And you desire their freshness, flavor, and simplicity. That's why *Ripe* is arranged by color, not season. Author and food writer Cheryl Sternman Rule, who is also the voice behind the popular blog *5 Second Rule*, and award-winning food photographer Paulette Philipot, have teamed up to bring inspiration to hungry home cooks. Their goal is not to deliver another lecture on eating for the sake of nutrition or environmental stewardship (though they affirm that both are important), but to tempt others to "embrace the vegetable, behold the fruit" because these foods are versatile, gorgeous, and taste terrific. Starting with red and progressing towards a calmer white, *Ripe* is arranged by color to showcase the lush, natural beauty of the following fruits and vegetables: RED: beets, blood oranges, cherries, cranberries, grapefruit, pomegranate, radicchio, radish, raspberries, red apples, red bell peppers, rhubarb, strawberries, tomatoes, and watermelon ORANGE: apricot, butternut squash, carrots, clementines, kumquats, mangoes, nectarines, papaya, peaches, persimmon, pumpkin, and yams YELLOW: banana, corn, lemon, pineapple, pomelo, squash blossoms, and yellow onions GREEN: green apples, artichokes, asparagus, avocado, bok choy, broccoli, Brussels sprouts, celery, cucumber, edamame, fava beans, fennel, green beans, honeydew, kale, kiwi, leeks, lime, peas, spinach, swiss chard, watercress, and zucchini PURPLE and Blue: blackberries, blueberries, eggplant, figs, plums, purple cabbage, purple grapes, red leaf lettuce, and red onion WHITE: bosc pears, cauliflower, coconut, endive, garlic, jicama, mushrooms, parsnips, potatoes, and turnip Each fruit and vegetable is accompanied by a lighthearted essay, breathtaking photography, and one showcase recipe, along with three "quick-hit" recipe ideas. With 150 photos and 75 recipes, this unique cookbook will quicken your pulse and leave you very, very hungry. For more information, visit RipeCookbook.com

A true MILF is confident, sexy, and radiates natural femininity. By eating whole, plant-based foods, you, too, can find balance and dynamic health, and unleash your inner MILF. It's simple: you are what you eat. So, to fulfill your true potential for health, happiness, and MILFiness, it's best to avoid refined sugars, processed foods, dairy, and meat. But it's not as scary as it sounds, and you'll soon discover why. With recipes like Lemony Quinoa Salad; Oven-Roasted Root Vegetables with Garlic, Cumin, and Herbs; Edamame Dip; and Poached Pears with Raspberry Sauce, the MILF Diet is not only easy to follow, it's delicious and slimming, too. Jessica Porter has been a teacher of healthy cooking and hypnotherapy for over fifteen years, and she brings her wealth of knowledge to *The MILF Diet* in the form of holistic philosophy, mouth-watering recipes, and a fun and digestible enumeration of the health benefits of MILFy foods. By eating the whole, natural, and tasty foods of the MILF Diet, you'll not only turn back the clock and find inner balance, you'll strengthen your immune system and reduce your risk of serious disease. You'll learn why seaweed makes your skin dewy while keeping your hair strong and lustrous, and discover how to harness peak physical energy and mental clarity from whole grains. The best part is, the MILF Diet is simple, delicious, and totally lifechanging. Rooted in centuries-old principles, the macrobiotic diet consists of simple yet highly nutritious foods such as whole grains, vegetables, and beans, selected and prepared in harmony with the seasons. From lightly sautéed spring greens and sea

vegetables and refreshing summer salads, to harvest vegetables and hearty winter stews, The Changing Seasons Macrobiotic Cookbook provides hundreds of easy-to-follow and flavorful recipes for complete and balanced macrobiotic meals. A combination of great taste and whole foods, this is traditional macrobiotic cooking at its best.

More than 150 plant-based, gluten-free, soy-free recipes! No matter where you land on the diet spectrum, more whole, plant-based foods can enrich your life and improve your health. If you're transitioning to a plant-based diet or you just want some ideas for preparing scrumptious veggie dishes, Heather Crosby provides a step-by-step guide to simply adding more delicious, health-boosting meals to your existing routine, whether you're a meat-eater or a vegan. YumUniverse: Infinite Possibilities for a Gluten-Free, Plant-Powerful, Whole-Food Lifestyle offers a creative collection of more than 150 craveable recipes without meat, dairy, gluten, or soy. But this is more than just a cookbook—it's a treasure chest that will help you build health-promoting habits and recipes of your own for a lifetime. As a former veggie-phobe, Heather knows firsthand how overwhelming yet rewarding the transition toward a plant-powerful diet can be, so she offers expert advice for folks seeking to adopt and maintain a whole-food approach to what they eat. Fans of YumUniverse.com, Heather's inspirational food website, and new readers alike will discover recipe goodness like her Fig & Caramelized Onion Tart and Almond-Cardamom Cream Chia Pudding with Fresh Berries, as well as divine desserts like Mexican Unfried Ice Cream and Chocolate & Salted Caramel Stack Cake. A plant-powerful, gluten-free lifestyle is delicious and doable. So, say "goodbye" to the dieting roller coaster and embrace a long-term wellness adventure with tasty, healthy, plant-inspired cuisine.

Ivor Claydon has worked on Pitkin titles such as

WINNER OF THE FORTNUM & MASON AWARDS BEST FOOD BOOK 2018 From the BBC1 presenter and bestselling author of Eat, The Kitchen Diaries and Toast comes a new book featuring everything you need for the winter solstice.

Hollywood celebrities are doing it. Corporate moguls are doing it. But what about those of us living in the real world—and on a real budget? Author and holistic health practitioner Victoria Moran started eating only plants nearly thirty years ago, raised her daughter, Adair, vegan from birth, and maintains a sixty-pound weight loss. In Main Street Vegan, Moran offers a complete guide to making this dietary and lifestyle shift with an emphasis on practical "baby steps," proving that you don't have to have a personal chef or lifestyle coach on speed dial to experience the physical and spiritual benefits of being a vegan. This book provides practical advice and inspiration for everyone—from Main Street to Wall Street, and everywhere between. "Finally, a book that isn't preaching to the vegan choir, but to the people in the pews—and the ones who can't fit in those pews. This is a book for the Main Street majority who aren't vegans. Once you read this, you'll know it's possible to get healthy and enjoy doing it—even if you live in Paramus or Peoria."—Michael Moore "A great read for vegans and aspiring vegans."—Russell Simmons "Yet another divine gift from Victoria Moran. Main Street Vegan covers it all—inspiration, information, and out of this world recipes. This book is a gem."—Rory Freedman, co-author Skinny Bitch "Main Street Vegan is exactly the guide you need to make changing the menu effortless. Victoria Moran covers every aspect of plant-based eating and cruelty-free living, with everything you need to make healthy changes stick."—Neal Barnard, MD, president, Physicians Committee for Responsible Medicine, and NY Times bestselling author of 21-Day Weight Loss Kickstart "A great book for anyone who's curious about veganism. It shows that not all vegans are weirdos like me."—Moby

A follow-up to the James Beard Award-nominated Super Natural Cooking features 100 vegetarian recipes for weekday-friendly dishes including Pomegranate-Glazed Eggplant, Chickpea Saffron Stew and Salted Buttermilk Cakes. Original. 75,000 first printing.

The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 363 photographs and illustrations - many in color. Free of charge in digital PDF format.

By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

Detailed information on foods and cooking techniques accompany fundamental recipes for hors d'oeuvres, soups, salads, main dishes, side dishes, breads, pies, cookies, candies, and desserts

Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In Plant-Powered Families, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie Vanilla Bean Chocolate Chip Cookies Cinnamon French Toast No-Bake Granola Bars Creamy Fettuccine Sneaky Chickpea Burgers Apple Pie Chia Pudding Plus salad dressings, sauces, and sprinkles that will dress up any dish! With tips for handling challenges that come with every age and stage—from toddler to teen years —Plant-Powered Families is a perfect reference for parents raising "weegans" or families looking to transition to a vegan diet. Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. Plant-Powered Families also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

In this comprehensive cookbook, Laura Theodore, the award-winning host of public television's Jazzy Vegetarian, brings us full menu plans, shopping lists, and over 130 delicious, quick-and-easy vegan recipes, each complete with nutritional analysis. Enhanced by over 200 full-color photographs, each recipe is ranked with an Ease-Factor to make it easy to choose dishes that fit into any busy schedule. Laura Theodore's Vegan-Ease includes all you need to know to embrace cost-saving, healthy, and delicious plant-based meals for you and your family.

Named One of the top five cookbooks of 2012" by Vegetarian Times magazine and One of the top 10 Vegan Cookbooks of the

Year by VegNews magazine A Culinary Tour de Force of Europe's Most Treasured Dishes Are you looking for delicious and healthy cuisine that can fit into your busy lifestyle? Do you long for the robust flavors of Italy, France, Spain, or Greece but haven't found tasty animal-free recipes? Look no further! The 30-Minute Vegan is where the Joie de vivre meets la dolce vita to satisfy even the most discriminating palates. Award-winning author and chef Mark Reinfeld tackles the meaty fare that is European cuisine, offering inspired plant-based versions of everything from manicotti to French onion soup, moussaka to "notwurst." Including key pantry ingredients (with a special section on herbs), raw and gluten-free options (virtually all of the recipes are gluten-free), and suggestions for wine and beer pairings, Taste of Europe is a revolutionary cookbook that will help you to recreate all of your favorite classic European dishes in 30 minutes or less. The book consists of seven sections: 1. Italy with recipes including Fire Roasted Minestrone, Fettucini Alfredo, Tofu Scallopini, Gnocci, Manicotti, and Vegan Gelato. 2. France with recipes including French Onion Soup, Quiche Monet, Seitan Bourguignon, and Chocolate Hazelnut Crepes. 3. Spain and Portugal with recipes including Gazpacho, Empanadas, Artichoke Heart and Saffron Paella, Tempeh Romesco, Almond Brittle, and Horchatta. 4. United Kingdom and Ireland with recipes including Irish Stew, Scottish Crumpets, Yorkshire Pudding, Vegetable Pot Pie and Currant Scones. 5. Greece with recipes including Stuffed Grape Leaves, Tzatziki, Moussaka, Spanikopita, and Baklava. 6. Germany with recipes including Beer Soup, Vegan Schnitzel, Tempeh Sauerbraten, Apple Strudel, and Black Forest Parfait. 7. Europe Fusion with an assortment of recipes from Poland, Iceland, Hungary, Romania, Finland, Czechoslovakia, Switzerland and more!

A vegan/vegetarian companion to the successful Sriracha Cookbook, featuring 50 inventive, vegetable-based recipes with gluten-free variations. Devoted Sriracha addicts know that this fiery red condiment adds the perfect spicy kick to their favorite foods. But for those who want to take it to the next level, Randy Clemens shows how versatile this garlicky, pungent sauce can be when paired with the almighty veggie in everything from breakfast to dessert, and appetizers to entrées. These delicious plant-based recipes—from Stuffed Sriracha 'Shrooms, Sriracha-Cauliflower Mac 'n' Cheeze, and Cajun Quinoa Cakes with Lemon-Dill-Sriracha Rémoulade to Maple-Sriracha Doughnuts and Watermelon Sriracha Sangria—showcase an exciting range of fruits, grains, and veggies, without the processed fake meat found in many vegan recipes. Featuring 50 flavor-packed, inventive combinations of vegetables and Sriracha (with notes on how to adapt them for a gluten-free diet), The Veggie-Lover's Sriracha Cookbook will take your rooster sauce obsession to bold, new heights.

Go plant-based with Steph and Adam, YouTube's most popular meal preppers. Eating a plant-based diet--one that embraces veggies and ditches the meat, eggs, and dairy--is one of the easiest ways to improve your health. Whether you're ready to go entirely vegan or just want to incorporate more plant-based meals into your diet, Steph and Adam will show you how to plan and prep ahead, so your meals are ready to go when you're ready to eat. Flexible meal plans include all your favorite foods and flavors, from mac and cheese to mashed potatoes, all made with plant-based, whole-food ingredients. * Over 60 plant-based recipes for breakfasts, mains, snacks, and desserts * Get-started guide walks you through the basics of plant-based eating * Soy-free, grain-free, and paleo-friendly tags make it easy to find recipes that fit your diet * Flexible build-a-meal strategies let you choose your favorite flavors * Easy-to-follow meal plans take the guesswork out of what to make * Nutritional information for every recipe to help manage macros and achieve diet goals.

Presents recipes that feature cannabis as an ingredient, along with an introduction that covers topics such as the difference between hemp and cannabis, the plant's potency when eaten, different strains, and its fat content.

The #1 bestseller that presents seasonal, sustainable, and delicious recipes from Dr. Andrew Weil's popular True Food Kitchen restaurants. When Andrew Weil and Sam Fox opened True Food Kitchen, they did so with a two-fold mission: every dish served must not only be delicious but must also promote the diner's well-being. True Food supports this mission with freshly imagined recipes that are both inviting and easy to make. Showcasing fresh, high-quality ingredients and simple preparations with robust, satisfying flavors, the book includes more than 125 original recipes from Dr. Weil and chef Michael Stebner, including Spring Salad with Aged Provolone, Curried Cauliflower Soup, Corn-Ricotta Ravioli, Spicy Shrimp and Asian Noodles, Bison Umami Burgers, Chocolate Icebox Tart, and Pomegranate Martini. Peppered throughout are essays on topics ranging from farmer's markets to proper proportions to the benefits of an anti-inflammatory diet. True Food offers home cooks of all levels the chance to transform meals into satisfying, wholesome fare.

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