
Yup Its Vegan

Crossroads

Forks Over Knives—The Cookbook. A New York Times Bestseller

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hot for food all day

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Mississippi Vegan
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Yup Its Vegan

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ELLISON JORDAN

Crossroads Harlequin

Provides an array of recipes for muffins, brownies, cookies, cupcakes, and breads, including salted caramel apple muffins, cosmic chocolate chip cookies, and irresistible red velvet cupcakes.

Forks Over Knives—The Cookbook. A New York Times Bestseller
Simon and Schuster

Lauren Ulm is a vegan cook whose star is on the rise. She hosts a popular blog that is read by more than 30,000 a day. She's a 2008 Veggie Awards winner from VegNews magazine who has been featured on The Martha Stewart Show, AOL, and the hippest

sites on the web, including BoingBoing.net and Etsy.com. Now she delights her blog fans, as well as millions of vegetarian and vegan enthusiasts, with this sophisticated four-color cookbook filled with original and the most beloved meals from her blog. From appetizers to desserts, breakfasts to dinners, as well as holiday- and company-worthy fare, Ulm proves that vegan food doesn't have to be bland food. It's her love (okay, her obsession!) of making vegan foods exciting that is evident in her creations—recipes that are as artistic as they are quirky. With 90 percent of her ingredients available at any grocery store, her recipes are doable for the average person, and range from comfort-food staples like whoopee pies, macaroni, and blueberry cobbler, to foods with a sophisticated flair like mojito cupcakes, daikon noodle salad, and flaky pizza purse tapas appetizers. Stunning photographs and step-by-step instructions make Vegan

Yum Yum an essential resource for any vegan kitchen.

Minimalist Baker's Everyday Cooking America's Test Kitchen
A roadmap to help home cooks round out and enhance any meal, for any occasion with 1001 recipes for every type of side dish imaginable. Every cook struggles over making side dishes, from choosing what goes best with the main course to getting stuck in a rut making the same tired green beans and rice. But this destined-to-be-dog-ear'd compendium of side dishes changes all that; more thorough than any other cookbook, our first complete compilation of side dishes offers 1,001 perfect recipes for tonight and every night, whether you only have a few minutes or need your next dinner-party go-to. Chapters are organized by type of side dish to help you find just what you're looking for. For weeknight inspiration, Basics You Can Count On offers quick-and-easy recipes like Skillet-Roasted Brussels Sprouts you can make in just 10 minutes. Having company? Choose elegant sides from Dinner Party Winners, like a stunning Pommes Anna or Pearl Couscous with Caramelized Fennel and Spinach. Tasked with bringing a side to a potluck? Potluck Favorites offers recipes that everyone will ask for, like Chopped Caprese Salad. Reimagining your holiday table? The Holiday chapter mixes reliable standbys like Creamy Mashed Potatoes and Classic Bread Stuffing, with fresh, seasonal dishes, like Farro Salad with Butternut Squash and Radicchio and Garlic-Scented Mashed Sweet Potatoes with Coconut Milk and Cilantro. A Bread Basket chapter is included as are creative sauces and toppings for taking things up a notch.
Start Simple Simon and Schuster

In this inventive and intensely personal cookbook, the blogger behind the award-winning ladyandpups.com reveals how she

cooked her way out of an untenable living situation, with more than eighty delicious Asian-inspired dishes with influences from around the world. For Mandy Lee, moving from New York to Beijing for her husband's work wasn't an exotic adventure—it was an ordeal. Growing increasingly exasperated with China's stifling political climate, its infuriating bureaucracy, and its choking pollution, she began "an unapologetically angry food blog," LadyandPups.com, to keep herself from going mad. Mandy cooked because it channeled her focus, helping her cope with the difficult circumstances of her new life. She filled her kitchen with warming spices and sticky sauces while she shared recipes and observations about life, food, and cooking in her blog posts. Born in Taiwan and raised in Vancouver, she came of age food-wise in New York City and now lives in Hong Kong; her food reflects the many places she's lived. This entertaining and unusual cookbook is the story of how "escapism cooking"—using the kitchen as a refuge and ultimately creating delicious and satisfying meals—helped her crawl out of her expat limbo. Illustrated with her own gorgeous photography, *The Art of Escapism Cooking* provides that comforting feeling a good meal provides. Here are dozens of innovative and often Asian-influenced recipes, divided into categories by mood and occasion, such as: For Getting Out of Bed Poached Eggs with Miso-Browned Butter Hollandaise Crackling Pancake with Caramel-Clustered Blueberries and Balsamic Honey For Slurping Buffalo Fried Chicken Ramen Crab Bisque Tsukemen For a Crowd Cumin Lamb Rib Burger Italian Meatballs in Taiwanese Rouzao Sauce For Snacking Wontons with Shrimp and Chili Coconut Oil and Herbed Yogurt Spicy Chickpea Poppers For Sweets Mochi with Peanut Brown Sugar and Ice

Cream Recycled Nuts and Caramel Apple Cake Every dish is sublimely delicious and worth the time and attention required. Mandy also demystifies unfamiliar ingredients and where to find them, shares her favorite tools, and provides instructions for essential condiments for the pantry and fridge, such as Ramen Seasoning, Fried Chili Verde Sauce, Caramelized Onion Powder Paste, and her Ultimate Sichuan Chile Oil.

The Modern Proper Appetite by Random House

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in *The Happy Herbivore Cookbook*, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. *The Happy Herbivore Cookbook* includes:

- A variety of recipes from quick and simple to decadent and advanced
- Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe
- An easy-to-use glossary demystifying any ingredients that may be new to the reader
- Healthy insight: Details on the health benefits and properties of key ingredients
- Pairing suggestions with each recipe to help make menu planning easy and painless
- Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free

With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of

each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

The the Dog Who Ate the Vegetable Garden and Helped Save the Planet Lulu.com

From veteran food writer, recipe developer, and creator of the James Beard Award-winning *Jarry* magazine comes an innovative approach to vegetarian cooking. What have I got to eat? It's a question we ask every time we open up the refrigerator or pantry door. It might be eggs, some cheese, and half a loaf of bread, or a box of wilting greens, garlic, and some sweet potatoes. Though these ingredients may not seem like much to make a delicious meal, recipe developer and author Lukas Volger knows it's all you need. In *Start Simple* he offers a radically new, uncomplicated, and creative approach to cooking that allows you to use what you already have on hand to make great meals you didn't think were possible. Magic can happen with just a few ingredients: sweet potatoes, tortillas, eggs, cabbage, hearty greens, beans, winter squash, mushrooms, tofu, summer squash, and cauliflower. Volger advises readers to stock up on these eleven building blocks instead of shopping for a single recipe. A protein (tofu, beans, eggs) is a foundation. A crunchy garnish (cabbage, greens) is a finishing touch. Once these structural components of a meal are established, home chefs can throw in their own variations and favorite flavors—mixing, matching, and adding ingredients to customize their dishes. While *Start Simple* is a vegetarian cookbook—none of the recipes include meat—Volger's approach transcends categories. His methods aren't about subscribing to a specific dietary regimen; they are about simply

recognizing and embracing the way people cook and eat today. Creating weekly meal plans based on intricate recipes sounds good, but it can be difficult to execute. Having a well-stocked pantry paired with a choose-you-own adventure guide to creating simple yet inventive meals is more practical for your average home cook.

The Complete Plant-Based Cookbook Artisan Books

Vegan baking made even healthier--and just as delicious The classic cookies, cakes, and pies in Whole Food Vegan Baking have been transformed into better-for-you versions of themselves that still taste fantastic. Most vegan baking includes refined sugar and other processed foods, but these recipes are made with only natural, whole food, plant-based ingredients. So you can be kind to your body while still indulging in decadence. Whether you're vegan, or just in search of a healthier way to enjoy your favorite sweets, Whole Food Vegan Baking shows you how to create cookies with chickpea flour, oil-free apple pie, and dozens of other vegan baked goods that you'll love to eat and be proud to serve. Whole Food Vegan Baking is: Easy as pie--Bake each recipe to perfection with simple instructions, and notes on prep time, cook time, and all the necessary tools. Vegan, naturally-- Learn the science behind swapping sweeteners, omitting oil, and picking plant-based--without sacrificing flavor. Tips and tricks-- Get pointers on recipe variations, ingredient substitutions, serving suggestions, and more. Experience natural vegan baking that's as flavorful as it is good for you with Whole Food Vegan Baking.

Cook the Pantry Harper Collins

An all-purpose vegan cookbook, with menu suggestions, and

many soy-free, gluten-free, and low-fat recipes.

Proteinaholic Penguin

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.

Frugal Vegan The Experiment

America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads

and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

The Happy Herbivore Cookbook Da Capo Lifelong Books

A Must-Have Guide for the Smart Vegan A vegan lifestyle is the newest hot health trend—thanks in no small part to the smart, fearless, and number one New York Times bestselling *Skinny Bitch* books. But with so much conflicting information out there, it's not always easy to make the best choices. Now *Skinny Bitch* coauthor Kim Barnouin is back with a book that makes making the right vegan choice easy. In *Skinny Bitch Book of Vegan Swaps*, Kim Barnouin takes the mystery out of following a plant-based diet. It's a comprehensive, user-friendly guide that tells you what foods look healthy, but actually aren't, and explains how to avoid the stuff you don't want. And because Kim knows that the concerns of today's savvy eaters run the gamut from calories to carbon footprints, she explains it all. *Skinny Bitch Book of Vegan Swaps* offers exciting and tasty alternatives for vegans, whether you're just starting out or have been a vegan for years. Barnouin's fun, no-nonsense voice sparkles on every page and in helpful lists and features like: The Best Places for Vegans to Grocery Shop Delicious Swaps for Your Favorite Dairy Products Top Ten Things to Eat While Stranded in an Airport

Mouthwatering Vegan Ten Speed Press

Focused on the art of crafting complete, balanced meals that

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

The Art of Escapism Cooking Fair Winds Press (MA)

Eating vegan is easier than ever with these quick plant-based recipes using ingredients from your pantry. Renowned chef Robin Robertson shows you how to prepare delicious, nutritious, and totally plant-based soups, pastas, burgers, salads, desserts and more—all in twenty minutes or less! Using her cost-conscious tips, your pantry will always be stocked with the makings of a wholesome home-cooked meal. In just minutes, you can prepare recipes such as: Artichoke Muffaletta Po'Boys Giardiniera Mac and Cheese Tuscan Chickpea Frittata Cheesburger Pizza Jerk Tempeh with Coconut Quinoa Easy Chocolate Pie No-Bake Oatmeal Cookies and More! Robin shares simple instructions and time-saving tips to make these recipes for weeknight dinners, lunches on the go, or to feed unexpected guests.

Veganomicon Flatiron Books

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!

Aquafaba Ten Speed Press

Dori's narrative is a heart-touching and zany blend of actual events in the life of a young Boxer. With edgy charm, she takes us on a romp through her world in such a way we can't help but reconsider our lives. Through her we get a dog's-eye view on human exploitation of animals. This unique approach is hauntingly effective.

The Hungry Brain Macmillan

A collection of classic vegetarian recipes from the first four decades of the Moosewood Restaurant features 250 most-requested favorites updated to reflect today's practices and includes such options as Red Lentil Soup with Ginger and Cilantro, Caramelized Onion Pie and Vegan Chocolate Cake.

The Blender Girl Andrews Mcmeel+ORM

Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. *Frugal Vegan* teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, *Frugal*

Vegan will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.

Vicious Vegan America's Test Kitchen

The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In *The Blender Girl*, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice-Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether—these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking,

sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with The Blender Girl—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

Moosewood Restaurant Favorites Andrews McMeel Publishing

Cooking in a way that's good for you and for the environment—not to mention delicious—doesn't have to be a pain; in fact, it can be sheer bliss. In *Blissful Bites: Vegan Meals That Nourish Mind, Body, and Planet*, Christy Morgan shows readers how to make healthy, delicious, animal-product free meals without a lot of effort. It's been long-accepted that giving up animal products also means giving up easy and enjoyable cooking, but that's just not true. *Blissful Bites* is a refreshing introduction to the idea that switching to a plant-based diet that uses locally grown and organic products can be easy and rewarding—for both body and mind. *Blissful Bites* includes more than 150 recipes that make eating every meal healthier and exciting. Morgan, known to her online audience as "The Blissful Chef," also delivers recipes that are easy for the typical home cook to follow, making a plant-based diet seem simpler and more delicious to implement than ever before. *Blissful Bites* is filled with unique recipes and plenty of tips on how to live a healthier, more environmentally friendly life, without sacrificing an ounce of taste.

Robin Robertson's Vegan Without Borders HarperCollins

From the author of the successful blog, mouthwateringvegan.com, comes over 130 incredible recipes to

showcase how accessible, varied, delicious and nutritious vegan eating can be. In this book you'll find recipes for your favourite comfort foods in all their vegan glory. Here are meat-free, egg-free and dairy-free recipes that combine the idea of eating healthily, with food that is immediately satisfying, tastes great and is easy to prepare. From delicious dips, appetizers and soups; to main courses including curries, pastas, stews, burgers and salads. There are a whole host of recommended juices and smoothies and--at the sweeter end of scale--cookies, cakes and desserts. Mouthwatering Vegan transforms home cooking classics into vegan-accessible, delicious dishes. Miriam challenges herself to replicate dishes that are usually impossible to include in a

vegan diet and opens up the scope for what vegan eating can be. Included in the book are recipes for vegan cheese, cream and mayonnaise; Chilli Con 'Carne', Shepherd's Pie, Mince & Ale Pie, Stroganoff Supreme and the Perfect Roast. As well as delicious dishes that celebrate pulses and vegetables, such as Aubergine, Chickpea and Potato Curry; Stuffed Tomatoes and Zucchini Casserole; Red Bean Nut Burgers; Spicy Rice & Quinoa Eggplant Bake; and Super Mushroom & Walnut Loaf. Many of Miriam's recipes are inspired by the Mediterranean and the Far East, and all of them have the health benefits of vegan cooking without sacrificing the taste. Mouthwatering Vegan opens up new possibilities for vegan eating that will make you rethink vegan cuisine.

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