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# Vegan Hummus Recipe No Oil

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*Vegan Hummus Recipe  
No Oil*

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## **SARAI RONNIE**

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*The Secrets to Ultimate Weight Loss* Grand  
Central Publishing

From veteran cookbook author Dreena Burton comes a collection of 100 dependable and delicious plant-based recipes that everyone will love. Dreena Burton has been creating plant-based, whole-food recipes for more than 20 years. Home cooks know they can trust her recipes to turn out great—and to be delicious! Now, she has created this one-

stop resource for making kinder, more compassionate food choices, for other beings, for the planet, and for yourself. Whether you need weekly staple meals for your family or want a dish to wow your friends for a special occasion, Dreena's Kind Kitchen has you covered with these reliable, flavorful, and healthy recipes. You'll find a variety of breakfasts, salads and dressings, small bites, soups, entrées, and sweets, including: • Lemon-Poppyseed Muffins • Wow 'Em Waffles • Potato-Cauliflower Scramble • Chipotle Chickpea Fries • White Bean and Corn Chowder • Pressure Cooker Quicken Noodle Soup •

Truffle-Salted Nut Cheese • Beyond Beet Burgers • Fiesta Taco Filling • Italian Ratatouille • Holiday Dinner Torte • 1-Minute Pasta Alfredo • Crackle Blender Brownies • Mango Carrot Cake • Heavenly Baklava Dreena also shares a cooking troubleshooting section so you can boost your kitchen skills. With helpful guidance on techniques, time-saving tips, and suggestions for repurposing leftovers into delicious new dishes, this dependable resource will boost your cooking confidence and help you find success in your own plant-powered kitchen. [Chocolate-Covered Katie](#) BenBella Books,

Inc.

Nutritionist Virginia Defendorf offers a wonderful collection of appetizing low-cholesterol, low-fat, low-sodium, low-sugar recipes, each of which features a nutritional analysis.

Rose Water and Orange Blossoms Rux Martin/Houghton Mifflin Harcourt

From the author of the successful blog, [mouthwateringvegan.com](http://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.

Israeli Soul Penguin

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or

seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

**Dreena's Kind Kitchen** Andrews Mcmeel+ORM

Lose weight, lower cholesterol, and improve your health, one delicious bite at a time in this companion to the runaway New York Times bestseller The Engine 2 Diet. The Engine 2 Diet has sold hundreds of thousands of copies and inspired a plant-based food revolution. Featuring endorsements from top medical experts and a food line in Whole Foods Market, Engine 2 is the most trusted name in

plant-based eating. Now, readers can bring the Engine 2 program into their kitchens with this cookbook companion to the original diet program. Engine 2 started in a firehouse in Texas, and if Texas firefighters love to eat this food, readers nationwide will eat it up, too! The Engine 2 Cookbook packs the life-saving promise of the Engine 2 program into more than 130 mouth-watering, crowd-pleasing recipes, including: Mac-N-Cash Two-Handed Sloppy Joes Terrific Teriyaki Tofu Bowl Badass Banana Bread

BenBella Books

NEW YORK TIMES BESTSELLER • 70 quick-fix weeknight dinners and 30 luscious weekend recipes that make every day taste extra special, no matter how much time you have to spend in the kitchen—from the beloved bestselling author of *Once Upon a Chef*. “Jennifer’s recipes are healthy, approachable, and creative. I literally want to make everything from this cookbook!”—Gina Homolka, author of *The Skinnytaste Cookbook* Jennifer Segal, author of the blog and bestselling cookbook *Once Upon a Chef*, is known for her foolproof, updated spins on everyday classics. Meticulously

tested and crafted with an eye toward both flavor and practicality, Jenn’s recipes hone in on exactly what you feel like making. Here she devotes whole chapters to fan favorites, from Marvelous Meatballs to Chicken Winners, and Breakfast for Dinner to Family Feasts. Whether you decide on sticky-sweet Barbecued Soy and Ginger Chicken Thighs; an enlightened and healthy-ish take on Turkey, Spinach & Cheese Meatballs; Chorizo-Style Burgers; or Brownie Pudding that comes together in under thirty minutes, Jenn has you covered.

*Recipes for a Healthy Lifestyle* Tuttle Publishing

Inspired by her travels around the globe, Niki Webster gathers some of her favourite recipes together into this rebellious new book. You won't find any limp lettuce or boring old-school vegan dishes here. Expect to find all kinds of awesomeness, such as mouth-watering spicy Indian crepes; baked aubergine with cashew cheese and pesto; sweet potato, cauliflower and peanut stew; and chocolate cherry espresso pots. While a number of vegan and plant-based books focus on health, *Rebel Recipes* is

unashamedly about taste; it's all about pleasure, vibrancy and flavour – food for the soul. Niki's delicious recipes are brought to life with photography from Kris Kirkham.

**FODMAP Friendly** Bloomsbury Publishing

Current scientific studies show that most people with type 2 diabetes can reverse the disease by eating a plant-based diet and making other healthy lifestyle changes. The *Kick Diabetes Cookbook* provides a blueprint for what to eat to defeat diabetes and offers 100 quick-and-easy recipes that are delicious and satisfying. Diabetes authority Brenda Davis, RD, outlines an action plan for including more foods that help regulate blood glucose levels and avoiding foods that send those levels skyrocketing. She clarifies why not all carbohydrates promote diabetes, explains how plant-based protein reduces diabetes risk, and illustrates why a whole-foods, plant-based diet is naturally low in fat and sodium. Coauthor Vesanto Melina, MS, RD, provides nourishing fare that ranges from tempting comfort food to sinful-tasting treats. Information on composing nutritious meals and cooking beans and

grains is included, along with a sample weeks menu. Each recipe is accompanied by a complete nutritional analysis.

*Minimalist Baker's Everyday Cooking*  
Penguin

Jamie Oliver--one of the bestselling cookbook authors of all time--is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

Sally's Baking Addiction Penguin

From the creator of the popular blog, *Occasionally Eggs*, comes a beautiful debut cookbook exploring the bounty of the seasons, filled with more than 110 simple vegetarian recipes. Alexandra Daum loves nothing more than harvesting her garden throughout the year, and creating satisfying, seasonally-driven

recipes. In her first cookbook, *Occasionally Eggs*, she shows us how simple it can be to cook healthy(ish) vegetarian meals with local fruits and vegetables, and pantry staples, like grains and legumes. Hard-to-find ingredients are kept to a minimum, with a focus on flavour combinations that make the best possible use of market finds. Largely plant-based, with the exception of occasional uses of honey and eggs, this book will inspire you to include fresh, local produce in your daily meal preparation. With over 110 delicious and nourishing recipes, *Occasionally Eggs* will create excitement as the seasons change. You'll explore fresh, vibrant flavours in spring and summer, with dishes like Chickpea Apricot Grain Salad, Spring Pesto Pizza, Sweet Corn and Zucchini Pakoras, and Strawberry Elderflower Ginger Beer Floats. In autumn and winter, it's a time to enjoy cozier, warmer meals, including Apple Hazelnut Waffles, Sesame Roasted Delicata Squash, Smoky Mushroom Pumpkin Chili, and Tahini Date Banana Bread. *Occasionally Eggs* is equal parts instruction and inspiration, with substitutions, tips, and tricks to allow for intuitive cooking based on what you have

on hand. In addition to her seasonal offerings, Alexandra includes chapters on useful staples and basic fermentation, so you can try your hand at a homemade kombucha or spelt sourdough, and fill your fridge with easy-to-make oat milk or tahini dressing. This is truly a year-round recipe collection and a book you'll turn to for years to come.

*Two Peas & Their Pod Cookbook* Flatiron Books

Whether you want to be vegan, plant-based, or simply plant biased, this guide will be all you need to get started. Making the transition to a plant based diet can be daunting. Learn how to make the change easier, even if your whole family isn't on board. Discover the most important ingredients and tools you'll need in your kitchen to get started in addition to helpful meal planning. Finally, you'll find mouth-watering recipes to fit any time of day! From healthy chocolate breakfast muffins to creamy one-pot pastas, you won't have a reason to go hungry.

**The First Mess Cookbook** Fair Winds Press (MA)

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!  
*Vegan Pizza* Yellow Kite  
 Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition--several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: Dozens of easy, mouthwatering recipes--from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts--that will keep you

looking forward to every bite Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals Guidelines on menu choices that will allow you to eat out, wherever and whenever you want Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away. Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being--all without heroic effort. "Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life--whether you're a man or a woman. Highly recommended!" -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California, SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease  
**My Fussy Eater** Workman Publishing  
 Simple meals inspired by Israeli street food, by the authors of the best-selling James Beard Book of the Year, *Zahav*.  
[The Plant-Based Cookbook](#) W. W. Norton &

### Company

The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly

attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

**Mouthwatering Vegan** Hachette UK  
"Appealing, fun, and doable recipes for the vegan pizzaiolo at home" with a guide to ingredients and equipment included (Diane Morgan, author of *Roots: The Definitive Compendium*). Love a warm, crisp, chewy thin-crust pizza with creamy, melty cheese? Just because you're vegan doesn't mean that you can't bake amazing pizzas right in your own oven. Julie Hasson offers 50 deliciously innovative recipes and simple techniques that will have you making artisan-style, thin-crust vegan pizzas right in your own kitchen. *Vegan Pizza* is filled with 50 modern recipes from

easy-to-make pizza dough (including spelt, whole wheat, and gluten-free crusts), creamy dairy-free cheese sauces, vibrant-flavored pestos and spreads, and meatless and wheat-less burger crumbles. Also included are inventive toppings and pizzas that run the gamut from comfort food like Eggplant Parmesan Pizza to fresh vegetable-laden pizzas like Asparagus, Tomato and Pesto Pizza. You'll even find desserts like Babka Pizza and Coconut Caramel Dream Pizza. "Julie Hasson has broken all the rules for pizza and taken it to uncharted territory . . . How about a Korean Bibimbap or Chili Mac pizza? Or one that marries peanut butter with barbecue sauce for a peanut Barbecue pizza? If you want the classics, you'll find those, too. After reading Julie's recipes, who needs pepperoni?" —Miyoko Schinner, cohost of *Vegan Mashup* "[A] compelling and thorough take on vegan artisan pizza. Classic pizzas such as garlic, sausage, and onion pizzas are reimaged and every bit as flavorful and toothsome as their traditional counterparts." —Diane Morgan, author of *Roots: The Definitive Compendium* "Vegans, rejoice . . . With a dazzling array of globally inspired

toppings, pizza night will be healthier—and more fun—than ever before!” —Nava Atlas, author of *Wild About Greens No Meat Athlete The Happy Herbivore Cookbook*

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 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.

*Occasionally Eggs* Appetite by Random House

A New York Times Bestseller Winner of the James Beard Award for General Cooking and the IACP Cookbook of the Year Award “The one book you must have, no matter what you’re planning to cook or where your skill level falls.”—New York Times Book Review Ever wondered how to pan-fry a steak with a charred crust and an interior that’s perfectly medium-rare from edge to edge when you cut into it? How to make homemade mac ‘n’ cheese that is as satisfyingly gooey and velvety-smooth as the blue box stuff, but far tastier? How to roast a succulent, moist turkey (forget about brining!)—and use a foolproof method that works every time? As *Serious Eats*’s culinary nerd-in-residence, J. Kenji López-Alt has pondered all these questions and more. In *The Food Lab*, Kenji focuses on the science behind beloved American dishes, delving into the interactions between heat, energy, and molecules that

create great food. Kenji shows that often, conventional methods don’t work that well, and home cooks can achieve far better results using new—but simple—techniques. In hundreds of easy-to-make recipes with over 1,000 full-color images, you will find out how to make foolproof Hollandaise sauce in just two minutes, how to transform one simple tomato sauce into a half dozen dishes, how to make the crispiest, creamiest potato casserole ever conceived, and much more.

**5 Ingredients** Victory Belt Publishing

You will absolutely love the 101 Asian recipes in this easy-to-use cookbook. This engaging cookbook includes dozens upon dozens of full-proof Asian recipes that are quick and easy to do—all in time for tonight’s supper! The recipes will appeal to Americans’ growing interest in Asian cuisines and a taste for foods that range from pot stickers to bulgogi burgers and from satay to summer rolls. Whether you’re hurrying to get a weekday meal on the table for family or entertaining on the weekend, author and blogger (steamykitchen.com) Jaden Hair will walk you through the steps of creating fresh,



delicious Asian meals without fuss. In an accessible style and a good splash of humor, Jaden takes the trauma out of preparing "foreign" Asian recipes. With Jaden's guiding hand, you'll find it both simple and fun to recreate Asian flavors in your own kitchen and to share the excitement of fresh Asian food with your family and friends! Asian recipes include: Firecracker Shrimp Pork & Mango Potstickers Quick Vietnamese Chicken Pho Beer Steamed Shrimp with Garlic Korean BBQ-style Burgers Maridel's Chicken Adobo Simple Baby Bok Choy and Snow Peas Chinese Sausage Fried Rice Grilled Bananas with Chocolate and Toasted Coconut Flakes

*The Mom 100 Cookbook* Rodale

\*\*Pre-order Ella Mills' new book, *How to Go Plant-Based: A Definitive Guide for You and Your Family* - out in August!\*\* THE

PERFECT GIFT FOR THE FOODIE IN YOUR LIFE! The Sunday Times number one bestselling cookbook and the fastest selling vegan cookbook of all time. 'She has become the biggest thing in healthy eating' - The Times 100 all-new plant-based recipes - by bestselling author Deliciously Ella. Ella's latest book features the most popular, tried and tested recipes from her supper clubs, pop-ups and deli to show how delicious and abundant plant-based cooking can be. The simple vegan recipes cover everything from colourful salads to veggie burgers and falafel, creamy dips and sides, hearty one-pot curries and stews, speedy breakfasts, weekend brunches, muffins, cakes and brownies. They're the recipes that Ella's thousands of customers have been asking for since the deli first launched in 2015, and each recipe has a beautiful

photograph to show you how it should look. In addition to over 100 brand new plant-based recipes, for the first time we are treated to a personal insight into Ella's journey - how she grew her blog, which she began writing to help get herself well while suffering from illness, into a wellbeing brand - and all that she has learnt along the way, as well as what drives the Deliciously Ella philosophy and her team's passion for creating delicious healthy food. With diary excerpts that document the incredible journey that Deliciously Ella has taken and over 100 tried-and-tested irresistible recipes for every day, using simple, nourishing ingredients, this vegan bible will be a must-have for fans and food-lovers alike, it's also perfect for anyone looking to experiment with vegan cooking for the first time.

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