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EATON ZOE

No-Bake Vegan Desserts Harmony

100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in *Bootylicious Gumbo* and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food

recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

Top Secret Recipes Step-by-Step Page Street Publishing

Some desserts in jars are baked or otherwise prepared right in the jar, while others are spooned into jars. Either way, the sparkling and pretty vessel and the appealing treat it holds make for a beautiful presentation. Olmanson's clever and cute desserts are at once playful and well-crafted, appropriate for a kids' birthday one weekend (Peanut Butter Cup Cupcakes) and a grown-up gathering, the next (Neapolitan Cakes). The book includes chapters on cakes, pies, crumbles and cobblers, quick breads and frozen indulgences like Strawberry Lemonade Granitas. Desserts in jars are fun to make and, of course, to eat, and they are especially suited for gift-giving. They store, travel and stay fresh well, and even can be delivered with a lid on the jar and with gift tags, ribbons, and other embellishments.

Olmanson devotes a special chapter to as-yet-unbaked mixes, with the flour, brown sugar, and so on attractively layered in the jar, a timeless idea now undergoing its own revival.

Healthier Together Penguin

Francesca Bonadonna, of Plantifully Based, delivers a fresh and creative approach to vegan cooking in her new book, *Plantiful: Over 75 Vibrant Vegan Comfort Foods*. With an emphasis on comfort, quality, and taste, she draws upon her Italian American heritage to bring familiar flavors and delectable dishes to your table. *Plantiful* teaches you how to easily transform plant-based foods into hearty and nourishing meals. With an array of creamy, saucy, and crispy creations, Francesca dispels any misconceptions that vegan foods lack the pleasing flavors and textures of their non-vegan counterparts. Each recipe is made from high-quality but easily accessible ingredients, with a simple format that makes cooking both easy and fun. Francesca guides you each step of the way in creating satisfying meals and snacks that are perfect for sharing. Whether you are a seasoned vegan cook or are looking to expand your repertoire of plant-based meals, she has you covered with more than 75 foolproof recipes, along with kitchen tricks and tips for overcoming common challenges, allowing you to find joy and inspiration on your cooking journey! Sample recipes include: • Vegan Chorizo and Potato Breakfast Tacos • Greek Nachos • Popcorn Chick'n • Sweet Gochujang Tempeh Bao • Buffalo Chick'n Sandwiches • Vegan Mac and Cheese • Yellow Split Pea Cannellini Bean Stew • Zeppole

The Food Cure: Eat Your Way to Good Health Fair Winds Press (MA)

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

Thick Chicks Simon and Schuster

The Vegan Cheat Sheet is a portable resource for vegan living that puts essential information right at readers' fingertips. It's packed with more than 100 everyday recipes, shopping lists, restaurant tips, and everything else you need to live a simple, easy vegan lifestyle. Special sections include: The 21-day Vegan Transformation Guide - Makes the vegan transition a no-brainer

by including three weeks' worth of vegan menus The Vegan Travel Guide - Yummy eats to pack when hitting the road, plus what to order (or not) when dining out The Fast-food Survival Guide - Quick sheets on vegan-friendly options at popular chains, including McDonald's and Domino's The Shopping Guide - Must-have fridge and pantry staples Real world how-to's - How to handle party invitations from carnivorous friends, plus other practical tips for weathering the social scene Important facts on why eating vegan helps guard against common killers like heart disease, cancer, and diabetes The How-To Vegan Fiesta - Menus and ideas for celebrating your vegan victory with friends and family members

Desserts in Jars Page Street Publishing

Get family dinner on the table in 30 minutes or less without sacrificing beauty or flavor, from the beloved blogger and author of *The Pretty Dish*. "The new go-to book for home cooks everywhere. Yum!"—Ree Drummond, #1 New York Times bestselling author of *The Pioneer Woman Cooks* With her down-to-earth style, can-do attitude, and gorgeous photography, Jessica Merchant presents *Everyday Dinners*, your new guide for meal prepping. Along with plant-based, one pot, and slow cooker recipes, Jessica also includes weekly dinner plans, ideas, tips and tricks, and even a 45- to 60-minute meal prep game plan for the weekends to keep cooking easy and quick on busy weeknights. You and your family will be delighted and nourished by Jessica's recipes for Roasted Sweet Potatoes with Honey Ginger Chickpeas and Tahini, Tuscan Cheese Tortellini Soup, Honey Dijon Pretzel-Crusted Salmon, Grilled Peach BBQ Pork Chops with Napa Slaw, and Garlic + Chive Butter Smashed Potatoes. As life gets busier, it's increasingly harder to set aside time to put a nourishing meal on the table after a long day. In *Everyday Dinners*, Jessica gives us the tools and tricks to make that possible.

Go Dairy Free Createspace Independent Publishing Platform Standout Baked Goods that Prove Variety Is the Spice of Life It's never been easier to find the perfect recipe for every mood than with this outstanding collection of sweet and savory treats. Ruth Mar Tam shares 60 of her favorite recipes—each with a number of variations and flavor combinations, so you can tweak them to suit any craving. While each of her recipes is delicious in its original form, the variations she offers make it easy to mix up a recipe based on ingredients you happen to have on hand or simply cater to your own personal preferences. Once you've mastered Ruth's mouthwatering Spiced Coffee Crumb Cake, give it a fruity twist with her Apple-Rye variation, or make it nutty with the addition of a Nut Streusel. Or maybe you love the Tomato and Ricotta Galette as a light lunch, but you need something a little sweeter to serve at the end of a meal—in that case, try out the Plum and Honey Frangipane variation for a crowd-pleasing dessert. With sweet treats like Rhubarb and Walnut Linzer Cookies, Earl Grey Bundt Cake and Strawberry Palmiers, and savory options like Smoked Paprika and Cheddar Gougères, Nearly Naked Sourdough Focaccia and Mushroom Diamond Pastries, Ruth's recipes offer you all the options you need for unique, creative, and—most importantly—delicious baking.

The Happy Herbivore Cookbook Page Street Publishing

DIVWhether you want to bake dairy- and egg-free for health, ethical, or environmental reasons, *The Joy of Vegan Baking* lets you have your cake and eat it, too! Featuring 150 familiar favorites -- from cakes, cookies, and crepes to pies, puddings, and pastries -- this book will show you just how easy, convenient, and delectable baking without eggs and dairy can be. A seasoned cooking instructor and self-described "joyful vegan," author Colleen Patrick-Goudreau puts to rest the myth that vegan baking is an inferior alternative to non-vegan baking, putting it in its rightful place as a legitimate contender in the baking arena. More

than just a collection of recipes, this informative cookbook is a valuable resource for any baker -- novice or seasoned. Learn just how easy it is to enjoy your favorite homespun goodies without compromising your health or values: Chocolate Chip Scones Cranberry Nut Bread Lemon Cheesecake Dessert Crepes Strawberry Pie with Chocolate Chunks Cinnamon Coffee Cake Chocolate Peanut Butter Cupcakes Raspberry Sorbet Oatmeal Raisin Cookies Soft Pretzels Blueberry Cobbler Chocolate Almond Brittle Free of saturated fat, cholesterol, and lactose, but full of flavor, flair, and familiarity, each and every recipe will have you declaring I can't believe it's vegan! Complete with luscious color photos, this book will be an essential reference for every vegan.

Everyday Dinners Clarkson Potter

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, *Skinnytaste*. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, *Skinnytaste* is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The *Skinnytaste Cookbook* features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started *Skinnytaste* when she wanted to lose a few pounds herself. She turned to *Weight Watchers* for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, *The Skinnytaste Cookbook* is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

The Skeptical Vegan Page Street Publishing

Go Dairy Free BenBella Books

Main Street Vegan Victory Belt Publishing

Chablis Shields, a social media addict, and hair and makeup junkie, is content living her best life until a doctor instructs her to get serious about shedding pounds. When she falls for her fitness trainer, she is forced to come to terms with the devastating event that changed her life years earlier. Mariah Rodriguez, Chablis' loving cousin, battles tension at home with her husband and daughter. After bariatric surgery, Mariah's problems multiply when she develops an addiction she never dreamed she'd have. Towanda Mathis, Mariah's BFF, is a savvy and successful businesswoman who overcame a difficult childhood. But when she witnesses Mariah changing in more ways than one, negative emotions prompt her to do something so chilling their friendship may never recover.

Baked to Order Page Street Publishing

Go vegan the fabulous way with this helpful guide from an editor of *VegNews*, an award-winning vegan media outlet. Maybe you're interested in it for the food, maybe it's the animals, or maybe climate change has got you thinking. Whatever your reason, maybe you don't quite know where to start. After all, doesn't going vegan mean you have to give up tasty snacks, cool shoes, a sense of humor, and your leather couch? (Nope, nope, no way, well . . . eventually.) Covering everything from nutrition (you will get enough protein, promise) to dating (vegans have better sex. It's true) to fitness (you want to lift a car over your head? Sure), Jasmin Singer and the team at *VegNews* bust all the myths and

give you all the facts about a plant-based lifestyle. With 30 easy recipes to get you started, *The VegNews Guide to Being a Fabulous Vegan* will help you adopt a lifestyle that's better for you, the animals, and the planet. And what's more fabulous than that?

Raising Vegan Kids Hachette Go

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? *Go Dairy Free* shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, *Go Dairy Free* is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside:

- More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings
- A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more
- Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips
- A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health
- An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition
- Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations
- Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances
- Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

Race Point Publishing

Have you ever had an interest in going Vegan, but you have a family to provide for and aren't sure how to include them? Are you done with over the top recipes for every day cooking? Perhaps you have been Vegan for a while but don't really know how to celebrate those special holidays with the family. *Vegan Family Style* is a simple, family orientated, old-fashioned tale in a modern world of cooking. Take this book with you on your journey with food from all around the world. Enjoy as you, and your family, eat REAL whole foods together. Whether it's Eid, Christmas or just a Friday afternoon, *Vegan Family Style* will bring you to your final destination. This family-styled cookbook was inspired by the author's own *Veggie Journey* which started as a life-style change and became an obsession. With a family of 6, however, this obsession needed refining. Now, after going through multiple cooking courses through *Rouxbe Academy*, your author has not only rehabilitated her body that had been plagued by inflammation, but has also polished her skills in order to convey recipes that are simple, smart, intellectual and fun. You may be Vegan, you may have a family; now you get to be, "Vegan Family Style".

The Skinnytaste Cookbook BenBella Books

"Meal plan with meal prep, recipes, tips, estimated calorie counts, and daily shopping lists for delicious raw vegan dishes the way Lissa eats."

No Meat Athlete Createspace Independent Publishing Platform
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 Vegan Cheat Sheet Penguin

The definitive handbook to raising vegan children you've always wished you had. Is bringing up a vegan baby unhealthy? *Raising Vegan Kids* is the ultimate vegan parenting manifesto that takes on this myth and answers all the other questions you've always wondered about—the vegan way. Raising ethically vegan children, in fact, lays the groundwork for a lifetime of excellent health for your child, the animals, and the planet. Eric C. Lindstrom is in the position to know. Having raised one child on the Standard American Diet (SAD) and four other children on a vegan lifestyle, and being a mid-life vegan convert himself, Lindstrom learned through experience. In this practical and tongue-in-cheek guide, Lindstrom dishes the real talk and shares the unique challenges vegans face when starting their children from scratch, providing advice, tips, and tricks on how to raise compassionate, vegan children in all areas of life. Get your kids to eat vegetables (when it's all they eat anyway) Teach your children compassion with visits to sanctuaries instead of zoos Get advice for dealing with nonvegan social situations Plan for birthday parties and holiday events Find tips for travel and road trips with the family Get access to resources, such as an A to Z of vegan recipes, movies, books, and websites And more! Both informative and hilarious, including expert advice from the world's leading plant-based physicians and fun recipes for your little vegans, *Raising Vegan Kids* is the guide every vegan parent who chooses to bring their kids up in a compassionate, sustainable world.

Vegan Family Style Penguin

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 Six Vegan Sisters Everyday Cookbook Book Publishing Company

Make Decadent Treats without Ever Turning on the Oven In this incredible collection of delectable plant-based sweets, Christina Leopold, founder and recipe developer behind the blog *Addicted to Dates*, walks you through her easy-to-follow no-bake method for preparing all of your favorite vegan treats. Make everything from three-tier cakes and glazed donuts to filled cupcakes and fudgy brownies all without greasing a pan, preparing a cooling rack or pre-heating your oven! With Christina's genius combinations of plant-based ingredients, you'll yield perfect textures and flavors in every recipe. Fall in love with the delicate crunch of her roasted buckwheat piecrust or the creamy richness of her cashew and coconut milk cheesecake base. These heavenly goodies are naturally sweetened with dates, maple syrup and coconut sugar and most are gluten-free to boot. You won't believe you're eating cleaner with recipes like:

- Creamy Pistachio Tart
- Dark Chocolate-Earl Grey Tart with Blackberry Coulis
- Snickerz Chocolate Bars
- Cherry Bomb Cheesecake
- Peanut Butter and Jelly Cheesecake
- Triple Chocolate Brownies
- White Chocolate, Macadamia and Pistachio Cookies
- Banoffee Cupcakes
- Salted Caramel Donuts
- Cardamom, Vanilla and Clementine Crème Brûlée
- Dark Chocolate with Maca and Sea Salt

Whether you're vegan or simply want to try something new, you'll be amazed at what delicious treats you can bake without baking at all!

Plantiful Lulu.com

International chef Bridget Davis shows you the fundamentals of healthy cooking so that you can regain control of your diet and your life. You'll become the master of your health and wellness journey once you have the knowledge of what to cook and how to cook it - without losing out on taste and satisfaction. The recipes in *Bridget's Healthy Kitchen* were created with you in mind. They are a direct result of what Bridget ate to regain her health. Every recipe you see in this book started its life on Bridget's dinner plate. She was the guinea pig that tried and tested the recipes out on her body and her taste buds, before trying them out on her husband who lost an incredible 15 kilograms (33 pounds) in one month. With over 100 easy-read recipes, beautiful photography and easy-to-follow food symbols, Bridget shows you what to cook and how to cook it - without losing out on taste and satisfaction.

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