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 Cool Beans

Miyokos European Style Cultured Vegan Butter

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Vegan Pizza Ten Speed Press

Freeze! Leave those processed frozen desserts at the grocery store and dive into creamy, cool custards made in your own kitchen. It's not a crime to want a more exciting ice cream experience than the average chocolate or vanilla scoop. Super Vegan Scoops! churns out cool treats without dairy or eggs in unconventional flavors, truly offering tastes to delight even the most discerning sweet tooth. Special equipment need not apply for many of these surprisingly simple sweets, covering no-churn options for quick pops and decadent ice cream cakes. Even handheld novelties like you've never seen before, complete with chewy cookies and crisp chocolate shells, come together with ease. If temperatures should ever drop too cold to indulge in something icy, don't despair. Innovative recipes transform traditional ice cream bases into entirely new treats. There's no such thing as too much ice cream when excess can be melted down and baked up into everything from quick bread to scones. Yes, you can have ice cream for breakfast, without getting

brain freeze, too! Some of the delicacies featured include: Bulletproof Coffee Ice Cream Caramelized Green Grape Sherbet Cucumber Raita Frozen Yogurt Melted Truffle Dark Chocolate Ice Cream Cookie Dough Pudding Pops Vanilla Bean Bee's Knees Ice Cream Sandwiches Baklava Sundae Completely Coconuts Ice Cream Cake Rum Raisin Bread Pudding So many more! Put a stick in it, dig in a spoon, slice it thick, or melt it all down; there's a bolder face to plant-based ice cream waiting for you just beyond the ice maker.

The New Now and Zen Epicure Clarkson Potter

Recipes for regular people who love great food by "a humorist and cookbook author whose recipes really work." To create her very best recipes for Beat This!, a cult favorite and a hilarious book full of seriously delicious recipes, Ann's formula was simple: "Double the chocolate and add bacon." But when she decided to go vegan, what in the world was she going to put in her pound cake—buttons? For a while, her kitchen resembled a molecular gastronomy lab. After a hellish incident with seitan, she made a decision: No more foods that made her hungry for her former life. No recipe would make the cut in her new life unless her husband liked it enough to beg for second helpings. More than 100 Hodgman-family-tested recipes later, Vegan Food for the Rest of Us was

born, full of brilliantly original culinary discoveries, honest and funny writing, and yes, the very, very best recipes.

Coconuts and Kettlebells The Experiment

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including: - Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life - Reduced impact on the planet Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need; uses the power of habit to make those changes last; and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for

runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

Chloe's Vegan Desserts HarperCollins

Enchiladas. Churros. There are so many delicious reasons to love Mexican food. Salud! Vegan Mexican Cookbook takes a twist that's both mouthwatering and healthy on these classic dishes. Renowned chef Eddie Garza combines his innovative cooking techniques with traditional Mexican staples. As a leading voice on Latino health and nutrition, Garza is committed to finding healthier ways to enjoy delicious Mexican fare without animal ingredients and with Salud! Vegan Mexican Cookbook he does exactly that.

Vegan Chocolate Artisan Vegan Cheese

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

¡Salud! Vegan Mexican Cookbook Simon and Schuster

NATIONAL BESTSELLER • 100+ big, bold, sock-you-sideways plant-based vegan recipes from the breakout star of *The Game Changers* “Charity is taking a practical approach to a plant-based diet. . . She provides support and encouragement as she guides you through this exploration.”—Venus Williams, from the foreword ONE OF THE MOST ANTICIPATED COOKBOOKS OF 2022—Delish, Food52 Whether you're new to plant-based eating or already a convert, when you cook vegan with Charity Morgan, private chef to elite athletes and rock stars, you may be leaving out the meat, dairy, and eggs, but you won't be missing out on the flavor and indulgence of all your favorite comfort foods. In her highly anticipated first cookbook, Charity lays out a plan for anyone who wants to eat less meat—whether they are looking to go completely vegan or just be a little bit more meat-free. Pulling inspiration from her Puerto Rican and Creole heritage as well as from the American South, where she lives with her family, Charity's recipes are full of flavor. Think Smoky Jambalaya; hearty Jerk-Spiced Lentils with Coconut Rice & Mango Salsa; Jalapeño-Bae'con Corn Cakes with Chili-Lime Maple Syrup; and a molten, decadent Salted Caramel Apple Crisp. Unbelievably Vegan offers more than 100 recipes for living a meat-free life without giving up your favorite comfort foods. Charity guides readers on how to use oyster mushrooms to stand in for chicken and how to spice walnuts to taste like chorizo! She proves that vegan food can be fun, filling, healthy, and above all else unbelievably delicious.

No Meat Athlete New Society Publishers

75 vegan recipes for meat alternatives and tasty dishes from cult favorite vegan "butcher" shop The Herbivorous Butcher. Think of any go-to American meat-focused cookbook. Now, imagine it vegan. From the Guamanian brother-sister duo behind the acclaimed and beloved vegan "butcher" shop, The Herbivorous Butcher, here are 75 innovative recipes for plant-based meats and standout vegan dishes. These are butcher shop classics (but so much healthier) such as Pork Chops, Ground Beef, and Chicken Cutlets that taste and chew as good as the real thing—perfect for vegans as well

as anyone who wants to eat less meat. Use these base recipes (or store-bought substitutes) to prepare super-tasty, hearty dishes that are—yep—totally vegan: Cherry-Glazed Rib Rack, Nashville Hot Popcorn Chicken, Kale's Very Fine Lasagna, BLT Couscous Crust Quiche, and more. With a chapter on bases, "butters," and sauces that will elevate your vegan dishes, plus beautiful photography and entertaining stories, this book is a glimpse of the future—and the future tastes delicious. AUTHORS WITH SERIOUS KNOW-HOW: Siblings Aubry and Kale Walch opened The Herbivorous Butcher in 2016, which quickly gained a cult following in their local Minneapolis and beyond. Their products are now sold in regional Whole Foods locations, and they ship a wide range of products to all 50 states and Puerto Rico. Their fans have been ardently asking for their recipes—and here they are, for the first time, in this book. EAT LESS MEAT: Whether for health, political, or environmental convictions, more and more people are eating less meat and embracing alternative proteins. The Herbivorous Butcher Cookbook offers achievable recipes for making meat substitutes at home, as well as recipes for delicious dishes using those homemade meat substitutes (or store-bought substitutes if you're in a pinch!). RECIPES MADE AT HOME FROM REAL INGREDIENTS: These recipes were originally developed in home kitchens by home cooks using widely available ingredients, such as vital wheat protein and soy. Perfect for: Vegans, vegetarians, and those looking to consume less meat Environmentalists Fans of The Herbivorous Butcher shop and products

The Everyday Vegan Cheat Sheet Macmillan

Artisan Vegan CheeseBook Publishing Company

My New Roots Running Press Adult

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

The Vegan Chinese Kitchen Hachette Go

BETTY GOES VEGAN is a comprehensive guide to creating delicious meals for today's vegan family. This must-have cookbook features recipes inspired by The Betty Crocker Cookbook, as well as hundreds of original, never-before-seen recipes sure to please even meat-eaters. It also offers insight into why Betty Crocker has been an icon in American cooking for so long-- and why she still represents a certain style of the modern super-woman nearly 100 years after we first met her. With new classics for breakfast, lunch, dinner, and dessert, including omelets, stews, casseroles, and brownies, BETTY GOES VEGAN is the essential handbook every vegan family needs.

Super Vegan Scoops! Rockridge Press

Throughout time, people have chosen to adopt a vegetarian or vegan diet for a variety of reasons, from ethics to economy to personal and planetary well-being. Experts now suggest a new reason for doing so: maximizing flavor -- which is too often masked by meat-based stocks or butter and cream. The Vegetarian Flavor Bible is an essential guide to culinary creativity, based on insights from dozens of leading American chefs, representing such acclaimed restaurants as Crossroads and M.A.K.E. in Los Angeles; Candle 79, Dirt Candy, and Kajitsu in New York City, Green Zebra in Chicago, Greens and Millennium in San Francisco, Natural Selection and Portobello in Portland, Plum Bistro in Seattle, and Vedge in Philadelphia. Emphasizing plant-based whole foods including vegetables, fruits, grains, legumes, nuts, and seeds, the book provides an A-to-Z listing of hundreds of ingredients, from av&av? to zucchini blossoms, cross-referenced with the herbs, spices, and other seasonings that best enhance their flavor, resulting in thousands of recommended pairings. The Vegetarian Flavor Bible is the ideal reference for the way millions of people cook and eat today -- vegetarians, vegans, and omnivores alike. This groundbreaking book will empower both home cooks and professional chefs to create more compassionate, healthful, and flavorful cuisine.

Food52 Vegan Simon and Schuster

At long last, Sarah Britton, called the “queen bee of the health blogs” by Bon Appétit, reveals 100

gorgeous, all-new plant-based recipes in her debut cookbook, inspired by her wildly popular blog. Every month, half a million readers—vegetarians, vegans, paleo followers, and gluten-free gourmets alike—flock to Sarah's adaptable and accessible recipes that make powerfully healthy ingredients simply irresistible. My New Roots is the ultimate guide to revitalizing one's health and palate, one delicious recipe at a time: no fad diets or gimmicks here. Whether readers are newcomers to natural foods or are already devotees, they will discover how easy it is to eat healthfully and happily when whole foods and plants are at the center of every plate.

The Ultimate Uncheese Cookbook Book Publishing Company

100+ hearty, succulent, people-pleasing meals featuring vegan meat, from comfort food classics and speedy weeknight dinners to global flavors and showstoppers, plus recipes for DIY vegan meats and cheeses. “When vegan cheese queen Miyoko Schinner pens a new cookbook, you don't walk to your nearest bookstore. You run. . . . Get ready for your weeknight dinners to never be the same.”—VegNews From the Impossible Burger and Beyond Meat to MorningStar Farms, Boca Burgers, and more, plant-based meats are a growing trend for those who want to help the planet, animals, and their health but don't want to give up the meaty flavors they love. In *The Vegan Meat Cookbook*, bestselling author Miyoko Schinner guides you through the maze of products available on store shelves and offers straightforward guidance on how to best use them in everything from Sausage Calzones with Roasted Fennel and Preserved Lemon to Hominy and Carne Asada Enchiladas with Creamy Green Sauce. Dig in to a satisfying vegan meal of Weeknight Shepherd's Pie with Bratwurst and Buttery Potatoes or Meaty, Smoky Chili. Wow your guests with Coq au Vin, Linguine with Lemon-Garlic Scallops and Herbs, or Lettuce Wraps with Spicy Garlic Prawns. For those interested in making their own vegan meats and cheese from scratch, there are recipes for Juicy Chicken, King Trumpet Mushroom Bacon, Easy Buffalo Mozzarella, Miyoko's famous Unturkey, and many more that you'll never find in stores. Whether you're cutting back on meat for your health, the environment, animal welfare, or affordability, *The Vegan Meat Cookbook* will satisfy the cravings of flexitarians, vegans, vegetarians, and even carnivores.

The Homemade Vegan Pantry Little, Brown

This is the perfect cookbook for those who need or want to eliminate dairy products but still enjoy their favorite dishes. This tenth anniversary edition offers completely new versions of the acclaimed, original recipes plus many new ones. You'll discover a whole new world of flavorful, cheesy-tasting dishes without the cholesterol and dairy allergies that can be harmful to your health. Whether for family dining or elegant entertaining, you'll find recipes that will suit the occasion. Renown nutritionist and dietitian, Vesanto Melina, brings you up-to-date on the latest research about dairy and your health. Tables and charts show calcium, protein, and other nutrients in a variety of plant foods to help you safely replace dairy in your diet. And this new edition contains designations for each recipe to indicate whether it is gluten, soy, nut, yeast, and/or corn free for people who are sensitive to a wide range of food allergens.

The Vegan Meat Cookbook Book Publishing Company

Bright, clean, and hip recipes to enchant vegans, vegetarians, and omnivores alike, from plant-based haven Café Gratitude. Before it was a fixture on the L.A. dining scene and a magnet for celebrity diners, Café Gratitude was founded in the Bay Area with the simple ethos that joy derives from loving and being grateful for food, health, and good company. The dishes are named to double as affirmations of self. "I Am Fearless," "I Am Humble," and "I Am Open-Hearted" nod to the restaurant's core belief that food is just as much about spirit as it is about appetite. Since then, the café has evolved quite a bit. It's changed locations, expanded, and been the backdrop for more paparazzi shots than one can count. But the founding principles have remained the same, and the food continues to celebrate the flavors of plants with organic, from-scratch, and healthful ingredients free of animal products, processed soy, and, in almost all cases, refined sweeteners. Now, with Love is Served, Seizan Dreux Ellis, executive chef at Café Gratitude, brings Gratitude-quality meals to your table and the soul and mission of the restaurant to your home. Indulge in café favorites "I Am Awakening" (Raw Key Lime Pie) and "I Am Passionate" (Black Lava Cake) while cooking up hearty, nourishing dishes like Grilled Polenta with Mushroom Ragout ("I Am Warm-Hearted") and Radicchio, Roasted Butternut Squash, and Sundried Tomato Pesto Grain Salad ("I Am Gracious"). With unfussy methods and easy-to-access ingredients, this cookbook makes the wholesome satisfaction of the restaurant as accessible as ever for the home cook as it charms and inspires readers to change the way they look at food.

The Art of Plant-Based Cheesemaking, Second Edition Grand Central Life & Style

Renowned chef and food justice activist Bryant Terry reworks and remixes the favorite staples,

ingredients, and classic dishes of the African Diaspora to present more than 100 wholly new, creative culinary combinations that will amaze vegans, vegetarians, and omnivores alike. NAMED ONE OF THE BEST VEGETARIAN COOKBOOKS OF ALL TIME BY BON APPÉTIT Blending African, Caribbean, and southern cuisines results in delicious recipes like Smashed Potatoes, Peas, and Corn with Chile-Garlic Oil, a recipe inspired by the Kenyan dish irio, and Cinnamon-Soaked Wheat Berry Salad with dried apricots, carrots, and almonds, which is based on a Moroccan tagine. Creamy Coconut-Cashew Soup with Okra, Corn, and Tomatoes pays homage to a popular Brazilian dish while incorporating classic Southern ingredients, and Crispy Teff and Grit Cakes with Eggplant, Tomatoes, and Peanuts combines the Ethiopian grain teff with stone-ground corn grits from the Deep South and North African zalook dip. There's perfect potluck fare, such as the simple, warming, and intensely flavored Collard Greens and Cabbage with Lots of Garlic, and the Caribbean-inspired Cocoa Spice Cake with Crystallized Ginger and Coconut-Chocolate Ganache, plus a refreshing Roselle-Rooibos Drink that will satisfy any sweet tooth. With more than 100 modern and delicious dishes that draw on Terry's personal memories as well as the history of food that has traveled from the African continent, Afro-Vegan takes you on an international food journey. Accompanying the recipes are Terry's insights about building community around food, along with suggested music tracks from around the world and book recommendations. For anyone interested in improving their well-being, Afro-Vegan's groundbreaking recipes offer innovative, plant-based global cuisine that is fresh, healthy, and forges a new direction in vegan cooking. *Vegan Food For The Rest Of Us* Clarkson Potter

Expanded and updated second edition of the Gourmand World Cookbook Awards, 2018, Vegan Category Winner. Learn the craft of making authentic, delicious non-dairy cheese from acknowledged master plant-based cheesemaker Karen McAthy. Comprehensively updated and expanded, the second edition of the "plant-based cheesemaking bible" takes vegan cheesemaking to a new level. Containing over 150 full color photos and enhanced step-by-step instructions,

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coverage and new information includes: Eight new cheesemaking recipes plus dozens more from beginner to pro New coverage of "mixed method" fast-firming cultured cheeses Going beyond nuts and seeds and using legumes for cheesemaking Dairy-free cultured butter, coconut milk yogurt, oat and cashew milk yogurt, and sour cream Growing plant-based cultures, including rejuvelac, sprouting, fermentation, kefir, and probiotic capsules Lactic acid fermentation and how to use it in cheesemaking Expanded coverage of flavors, aging, rind curing and smoking, and working with white and blue molds New recipe section for cooking with dairy-free cheeses including Coeur a la Creme, Buttermilk Fried Tempeh and more. The Art of Plant-based Cheesemaking, Second Edition is a must-have for aspiring DIY non-dairy cheesemakers, vegans, and serious foodies alike. The texture, the sharpness, the taste; you will be proud to serve up your creations.

[The Vitamix Cookbook](#) HarperCollins

The author of *The Mountain Baker* takes her motto—"Desserts for everyone!"—to the next level with these allergy-friendly bakes. One of the most common allergens after dairy and peanuts, eggs are often thought to be a necessity in baking. But what eggs do contribute to your sweets—fat, flavor, structure, fluffiness, moisture—can actually be found in countless alternative ingredients that are easy to find. And with meticulous experimentation, Mimi Council has tested them all: aquafaba (the liquid in a can of chickpeas) for fluffiness, yogurt for flavor and structure, cornstarch for thick and creamy custards, and more. Explaining the role that eggs—and other powerhouse ingredients—play in baking, Mimi ensures that readers understand exactly how and why her recipes work. From classics like Blueberry Muffins and Chocolate Chip Cookies, to original creations like Orange Cardamom Loaf Cake, Lemon Poppy Seed Biscotti, and Raspberry Rhubarb Tart, these desserts are flawless. Colorful photographs and easy substitutions for vegan, gluten-free, and nut-free bakes make this book a diet-friendly delight.

Go Dairy Free Ten Speed Press

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?

Love is Served National Geographic Books

An essential collection of hassle-free, vibrant vegan recipes, from the author behind Food52's wildly popular *The New Veganism* and *Vegan Lunch* columns. Omnivore or vegan (or anywhere in between), we're all looking for memorable, flavorful dishes to cook for ourselves and the people we care about. If those recipes happen to be healthful, nourishing, and friendly to vegetarians and vegans, even better. With her wildly popular *New Veganism* column on Food52, Gena Hamshaw has inspired home cooks to incorporate plant-based recipes into their everyday routine—and even gained some nutritional yeast and cashew cheese converts. This vibrant collection of all-new recipes plus beloved favorites from the column—along with exquisite photography and helpful tips throughout—will show all of us innovative ways to cook with fresh produce and whole foods. From Savory Breakfast Polenta to Cauliflower and Oyster Mushroom Tacos to Ginger Roasted Pears with Vanilla Cream, these recipes are delicious, dependable, and deeply satisfying. Cook from this book just a couple of times and you'll soon find yourself stocking up on coconut oil, blending your own nut milks, seeking the sweetest tomatoes at the market, and looking at plant-based dishes in a whole new way.