
Vegan Substitute For Condensed Milk

Great British Vegan
 Alternative Baker
 The Oh She Glows Cookbook
 The Joy of Vegan Baking
 Jane's Patisserie
 Baking it Vegan
 Superfoods
 The Well Plated Cookbook
 Bake with Shivesh
 The Vegan 8
 Vietnamese Food Any Day
 Asian Tofu
 Plant Biased
 Zoë Bakes Cakes
 Vegan Comfort Cooking
 Incredible Plant-Based Desserts
 Bigger Bolder Baking
 World Vegan Feast
 Eco Thrifty Living
 Once Upon a Chef: Weeknight/Weekend
 Two Peas & Their Pod Cookbook
 Vegan Basics
 Minimalist Baker's Everyday Cooking
 Colu Cooks
 Raw & Free
 Chicano Eats
 FODMAP Friendly
 Quirky Cooking
 Orchids & Sweet Tea
 Skinny Bitch Book of Vegan Swaps
 Clean Cuisine
 History of Soymilk and Other Non-Dairy Milks (1226-2013)
 Damn Delicious
 Sally's Baking Addiction
 Coconuts and Kettlebells
 Paleo Cooking from Elana's Pantry
 Budget Bytes
 Unconventional Treats
 Go Dairy Free

Vegan Substitute For Condensed Milk

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BERRY BEARD

Great British Vegan Clarkson Potter

If you're craving your favourite British comfort foods, but also want to embrace a plant-based lifestyle, then Great British Vegan is the book is for you. This unique cookbook presents delicious vegan versions of classic British dishes, from the full english and bubble and squeak to a warming beefy mushroom stew, beer-battered tofish and chips, sticky toffee pudding or coffee and walnut cake. All different types of meals are included, from light bites to hearty dinners, and even a bespoke vegan Christmas feast, complete with all the trimmings! The extremely talented Aimee Ryan of Wallflower Kitchen has put together this unique collection of innovative and healthy takes on traditional classics with simple and easy to follow instructions, and beautiful full-page photographs of these delicious recipes. Whether you're vegan, flexitarian or merely interested in cutting down on your meat consumption, there's no reason you can't still indulge in all your favourite British classics, using easy-to-find ingredients. With more than 80 recipes to choose from, including sections on;

Breakfasts: English pancakes Carrot cake muesli Breakfast
 butties Soups and Salads: BLT salad Mulligatawny Coronation
 chickpea salad Weeknight dinners: Cider and bean stew with
 herby dumplings Shepherd's pie Tofu korma Sunday roasts and
 pub grub: British veggie burger Welsh rarebit Portobello steak
 and kidney bean pie Afternoon tea and sweets and deserts:
 Victoria Sponge Scottish shortbread Lemon drizzle loaf Banoffee
 pie pots The book also has sections on how to source vegan
 alternatives to meat and dairy ingredients, as well as a guide to
 what is in season and when. With great-tasting, simple to make
 home-style recipes that will comfort as well as nourish, this book
 makes sure you'll never miss out on Sunday roasts, full English
 breakfasts or afternoon teas again. 'Aimee is an exceptional
 talent and her fab new book displays her unique gift for making
 vegan cooking both exciting and comforting. I have no doubt it
 will quickly become a firm plant-based classic.' - Áine Carlin,
 Bestselling author of Keep It Vegan and The New Vegan
Alternative Baker Ten Speed Press

The debut cookbook from the Saveur blog award-winning Internet
 expert on making eating cheap dependably delicious As a college
 grad during the recent great recession, Beth Moncel found
 herself, like so many others, broke. Unwilling to sacrifice eating

healthy and well—and armed with a degree in nutritional science—Beth began tracking her costs with obsessive precision, and soon cut her grocery bill in half. Eager to share her tips and recipes, she launched her blog, Budget Bytes. Soon the blog received millions of readers clamoring for more. Beth's eagerly awaited cookbook proves cutting back on cost does not mean cutting back on taste. Budget Bytes has more than 100 simple, healthy, and delicious recipes, including Greek Steak Tacos, Coconut Chicken Curry, Chorizo Sweet Potato Enchilada, and Teriyaki Salmon with Sriracha Mayonnaise, to name a few. It also contains expert principles for saving in the kitchen—including how to combine inexpensive ingredients with expensive to ensure that you can still have that steak you're craving, and information to help anyone get acquainted with his or her kitchen and get maximum use out of the freezer. Whether you're urban or rural, vegan or paleo, Budget Bytes is guaranteed to delight both the palate and the pocketbook.

The Oh She Glows Cookbook Penguin

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

The Joy of Vegan Baking Macmillan Publishers Aus.

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!

Jane's Patisserie Simon and Schuster

Sophie Steevens shares her favourite plant-based recipes and describes how she reversed a serious autoimmune disease by eating a completely plant-based diet. Four years on, she has fully recovered, her family have also embraced this lifestyle and they are all thriving. Sophie's hugely popular Instagram Raw and Free depicts her plant-based life with her gorgeous family of partner, professional surfer Ricardo Christie, and three young boys. Her stunning cookbook is packed with over 100 delicious, vibrant plant-based, gluten-free and refined-sugar-free recipes that she has devised, and that the whole family enjoys eating. There are easy, family-friendly wholefood recipes for all meals plus great information to help you get started, with material such as kitchen essentials, ingredient staples and lots of easy-to-follow tips for a wholesome, plant-based lifestyle.

Baking it Vegan Grand Central Publishing

Adopting a plant-forward diet doesn't mean that you'll be eating a lifetime of meals that are primarily steamed broccoli and plain rice because eating healthy doesn't mean that food has to lack flavor. In *Orchids + Sweet Tea*, recipe developer and food stylist Shanika Graham-White shows you that plant-forward meals can be delicious, bold, and flavorful. You just have to be willing to be creative and treat food as art. Whether you're a home cook or a skilled chef, the more than 120 recipes in this book will help you make everyday comfort food recipes to nourish your family as well as unique, artful dishes for special occasions that call for more flair. This beautiful book celebrates the idea of turning old and new favorites into healthier options that everyone can enjoy while honoring a plant-forward approach to eating. Sample recipes include:

- Leftover Jerk Chicken
- White Cheddar Scallion Scones
- Hot Maple Cauliflower Bites + Sweet Potato Flourless Waffles
- Rum + Raisin Bread
- Buffalo Chickpea Kale Salad
- Cajun Sweet Potato Rigatoni Pasta
- Carrot, Sweet Potato, Pineapple + Ginger Juice
- Apple Cinnamon Tea
- Cheddar Triple Apple Pie

Superfoods Macmillan

Go Dairy Free BenBella Books

The Well Plated Cookbook Go Dairy Free

Updated with a brand-new selection of desserts and treats, the fully illustrated Sally's Baking Addiction cookbook offers more than 80 scrumptious recipes for indulging your sweet tooth—featuring a chapter of healthier dessert options, including some vegan and gluten-free recipes. It's no secret that Sally McKenney loves to bake. Her popular blog, Sally's Baking Addiction, has become a trusted source for fellow dessert lovers who are also eager to bake from scratch. Sally's famous recipes include award-winning Salted Caramel Dark Chocolate Cookies, No-Bake Peanut Butter Banana Pie, delectable Dark Chocolate Butterscotch Cupcakes, and yummy Marshmallow Swirl S'mores Fudge. Find tried-and-true sweet recipes for all kinds of delicious:

Breads & Muffins Breakfasts Brownies & Bars Cakes, Pies & Crisps Candy & Sweet Snacks Cookies Cupcakes Healthier Choices With tons of simple, easy-to-follow recipes, you get all of the sweet with none of the fuss! Hungry for more? Learn to create even more irresistible sweets with Sally's Candy Addiction and Sally's Cookie Addiction.

Bake with Shivesh White Lion Publishing

115 recipes--wholesome new creations and celebrated favorites from the blog--from the husband and wife team behind Two Peas & Their Pod TWO PEAS & THEIR POD celebrates a family, friends, and community-oriented lifestyle that has huge and growing appeal. Maria the genuine, fun, relaxed mom next door who's got the secret sauce: that special knack for effortlessly creating tantalizing and wholesome (and budget-friendly) meals with ease. From a Loaded Nacho Bar bash for 200 guests to quick-and-easy healthy weeknight dinners like never-fail favorites like One-Skillet Sausage Pasta or Asian Pork Lettuce Wraps (always followed by a fab dessert!), Maria shares her best lifestyle tips and home cook smarts. An essential resource for parents looking to update their healthy, inexpensive, time-saving, kid friendly meal roster; aspiring home cooks who want to eat-in delicious food more than they eat out; as well as anyone looking to share their love of food and the giving spirit with their neighbors, TWO PEAS & THEIR POD will help readers bring home that (achievable!) slice of Americana, where families come together to enjoy fresh and nutritious meals and there's always a batch of still-warm cookies waiting on the counter.

The Vegan 8 Random House

This is not your regular cookbook. Food styling has become a skill many want to master, but don't know how. Popular food blogger and maverick baker Shivesh Bhatia is here to help. Twenty-two-year-old Shivesh enjoys a massive following on his blog and Instagram. Brands love him and so do people. In *Bake with Shivesh*, the ace baker reveals foolproof tips on food styling that can be easily followed at home, in your kitchen, with tools you already own. He also talks about his favourite styling techniques, and what works or doesn't on different social media platforms. This is a book for everyone looking to elevate the way they present food, to help boost their blogs and businesses, and to make food look as good as it tastes.

Vietnamese Food Any Day Allen & Unwin

A family-friendly collection of simple paleo recipes that emphasize protein and produce, from breakfasts to entrees to treats, from the popular gluten-free blogger of Elana's Pantry. Whether you are looking to eliminate gluten, dairy, grains, or processed foods from your diet, Paleo cooking is the perfect solution for food allergy relief and better all-around health. Naturally based on the foods our Paleolithic ancestors ate for generations, the Paleo diet emphasizes meat and seafood, vegetables, fruit, and nuts. Author and beloved food blogger Elana Amsterdam has been living grain free for over ten years; in *Paleo Cooking from Elana's Pantry*, Amsterdam offers up her streamlined techniques and recipes with minimal ingredients for busy cooks on the run. She transforms simple, classic family favorites such as pancakes and ice cream with Paleo-friendly ingredients like almond flour and coconut milk. *Paleo Cooking from Elana's Pantry* includes nearly 100 recipes featuring the Paleo mainstays of lean proteins and simple vegetable dishes, plus wholesome sweet treats—all free from grains, gluten, and dairy, and made with natural sweeteners.

Asian Tofu Abrams

The creator of the popular Chicano Eats blog and winner of the *Saveur* Best New Voice People's Choice Award takes us on a delicious tour through the diverse flavors and foods of Chicano cuisine—Mexican food with an immigrant sensibility that weaves

seamlessly between Mexican and American genres and cultures. Esteban Castillo grew up in Santa Ana, California, where more than three-quarters of the population is Latino. Because Mexican food was the foundation of his childhood, he was surprised to see recipes for dishes on popular food blogs that were anything but the traditional meals he grew up eating. He was inspired to create the blog, *Chicano Eats*, to showcase his love for design, cooking, and culture and provide a space for authentic Latino voices, recipes, and stories to be heard. Building on his blog, *Chicano Eats* is a bicultural cookbook that includes 85 traditional and fusion Mexican recipes as gorgeous to look at as they are sublime to eat. Chicano cuisine is Mexican food made by Chicanos (Mexican Americans) that has been shaped by the communities in the U.S. where they grew up. It is Mexican food that bisects borders and uses a group of traditional ingredients—chiles, beans, tortillas, corn, and tomatillos—and techniques while boldly incorporating many exciting new twists, local ingredients, and influences from other cultures and regions in the United States. *Chicano Eats* is packed with easy, flavorful recipes such as: Chicken con Chochoyotes (Chicken and Corn Masa Dumplings) Mac and Queso Fundido Birria (Beef Stew with a Guajillo Chile Broth) Toasted Coconut Horchata Chorizo-Spiced Squash Tacos Champurrado Chocolate Birthday Cake (Inspired by the Mexican drink made with milk and chocolate and thickened with corn masa) Cherry Lime Chia Agua Fresca Accompanied by more than 100 bright, modern photographs, *Chicano Eats* is a melting pot of delicious and nostalgic recipes, a literal blending of cultures through food that offer a taste of home for Latinos and introduces familiar flavors and ingredients in a completely different and original way for Americans of all ethnic heritages.

Plant Biased HarperCollins

In *Incredible Plant-Based Desserts*, Instagram star Anthea Cheng (@rainbournourishments) shares her trade-secret recipes for seriously luscious, showstopping vegan sweet treats that will delight everyone, from healthy eaters pursuing a plant-based diet to those who simply appreciate a beautifully crafted dessert. Whether you are an eager home cook or a more experienced chef, Anthea shows you that sponge cakes can still be fluffy and moist and pastry can still melt in your mouth without animal-derived ingredients. Find playful, modern spins on classic desserts, such as fail-safe tiramisu trifles topped with caramelized popcorn or Snickers transformed into a multi-layered cake with peanut brittle. For when life gets busy, simplify with recipes like three-ingredient pancakes and fruit-filled muffins. If you want something indulgent, the Homer Simpson pink donuts, baklava custard tart, and chocolate brownie peanut butter sandwich cookies are for you. You'll also find wholesome choices like a berry chocolate mousse tart and cupcakes with rainbow cashew buttercream. Anthea has carefully selected ingredients to ensure you won't accumulate odd, once-used stuff in your pantry. And with plenty of options for people avoiding gluten, refined sugar, nuts, and other common allergens, no one misses out on the deliciousness. All of the recipes have been tested and approved by vegans and non-vegans alike. Accompanied by stunning photography, these recipes will bring some magic to your every day, dinner table, or special occasion.

Zoë Bakes Cakes Race Point Publishing

Learn how to spend less, be kinder to the environment and go in the direction of your dreams! Back in 2011 I became a parent for the second time and wanted to quit my job and be a stay at home mum. We had just moved house and increased our mortgage, now had two children to look after and I preferred to buy costly eco-friendly and organic products. How was I going to be able cut my spending by enough money to quit my job and stick to my eco-friendly principles? The challenge was set and a

year later I did quit my job to become a stay at home mum and blogger. I saved far more money than I ever could have imagined by being eco-friendly! In this book I share with you what I have learned over the years of saving money and the environment. There are lots of practical hints and tips, which overall will help you to: 1. Make the most of what you have 2. Reduce your rubbish 3. Save you money 4. Unleash your creative side. Topics covered in the book include: 1. Kitchen waste 2. Stuff 3. Sustainable fashion 4. Cleaning 5. Bathroom 6. Entertainment 7. Celebrations and special occasions 8. Energy 9. Getting fit 10. Kids 11. Gardening If you think freeing up some cash could help improve your life, you care about the environment and you are ready to do things differently, then this is the book for you! Zoe Morrison is the author of award winning blog www.ecothriftyliving.com. She is regularly interviewed on BBC Radio and she has been featured in newspapers around the world.

Vegan Comfort Cooking Ten Speed Press

The fastest selling baking book of all time, from social media sensation Jane's Patisserie 'This will be the most-loved baking book in your stash!' - Zoë Sugg 'The Mary Berry of the Instagram age' - The Times Life is what you bake it - so bake it sweet! Discover how to make life sweet with 100 delicious bakes, cakes and treats from baking blogger, Jane. Jane's recipes are loved for being easy, customisable, and packed with your favourite flavours. Covering everything from gooey cookies and celebration cakes with a dreamy drip finish, to fluffy cupcakes and creamy no-bake cheesecakes, Jane's Patisserie is easy baking for everyone. Whether you're looking for a salted caramel fix, or a spicy biscoff bake, this book has everything you need to create iconic bakes and become a star baker. Includes new and exclusive recipes requested by her followers and the most popular classics from her blog - NYC Cookies, No-Bake Biscoff Cheesecake, Salted Caramel Drip Cake and more!

Incredible Plant-Based Desserts HarperCollins

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In Damn Delicious, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

Bigger Bolder Baking Victory Belt Publishing

From sleek, silken tofu with delicate toppings to piping-hot fried satchels in a robust sauce, tofu provides a versatile canvas for the intricate flavors and textures that Asian and vegetarian cooks have long enjoyed. America has embraced tofu as a healthy, affordable ingredient. And while it has been welcomed into sophisticated mainstream dining, tofu is often hidden in Western guises and in limited applications. In her third intrepid cookbook, celebrated food writer and teacher ANDREA NGUYEN aims to elevate this time-honored staple to a new place of prominence on every table. Asian Tofu's nearly 100 recipes explore authentic, ancient fare and modern twists that capture the culinary spirit of East, Southeast, and South Asia. There are spectacular favorites from Japan, Korea, Thailand, Singapore, and India, as well as delicious dishes from Taipei, San Francisco,

Santa Monica, and New York. Andrea demystifies tofu and interprets traditional Asian cuisine for cooks, sharing compelling personal stories and dispatches from some of the world's best tofu artisans along the way. For those who want to take their skills to the next level, the tofu tutorial clearly outlines tofu-making technique, encouraging readers to experiment with the unparalleled flavors of homemade varieties. But time-pressed cooks needn't fear: while a few recipes, such as Silken Tofu and Seasoned Soy Milk Hot Pot, are truly best with homemade tofu, most are terrific with store-bought products. Some traditional dishes combine tofu with meat in brilliant partnerships, such as Spicy Tofu with Beef and Sichuan Peppercorn and Tofu with Kimchi and Pork Belly, but this collection is predominantly vegetarian and vegan, including the pristinely flavored Spiced Tofu and Coconut in Banana Leaf and vibrant Spicy Lemongrass Tofu Salad. And innovations such as Okara Doughnuts reveal tofu's more playful side. For health- and eco-conscious eaters and home chefs who are inspired to make the journey from bean to curd, Asian Tofu is the perfect guide.

World Vegan Feast Quarry 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.

Eco Thrifty Living Ten Speed Press

Delicious, fresh Vietnamese food is achievable any night of the week with this cookbook's 80 accessible, easy recipes. IACP AWARD FINALIST • NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY NPR • The Washington Post • Eater • Food52 • Epicurious • Christian Science Monitor • Library Journal Drawing on decades of experience, as well as the cooking hacks her mom adopted after fleeing from Vietnam to America, award-winning author Andrea Nguyen shows you how to use easy-to-find ingredients to create true Vietnamese flavors at home—fast. With Nguyen as your guide, there's no need to take a trip to a specialty grocer for favorites such as banh mi, rice paper rolls, and pho, as well as recipes for Honey-Glazed Pork Riblets, Chile Garlic Chicken Wings, Vibrant Turmeric Coconut Rice, and No-Churn Vietnamese Coffee Ice Cream. Nguyen's tips and tricks for creating Viet food from ingredients at national supermarkets are indispensable, liberating home cooks and making everyday cooking easier.

Once Upon a Chef: Weeknight/Weekend Penguin

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.

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