
Quick Healthy Vegan Recipes

Quick-Fix Vegan

Vegetarian Quick & Easy

Vegan Cookbooks: 70 Of The Best Ever Scrumptious Vegan Dinner Recipes....Revealed!

Vegan in 7

Plant-Based on a Budget

Plant Biased

Love Real Food

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Vegan Everything

Holy Veggies

Vegetarian Cookbook

Easy Vegan Breakfasts & Lunches

The First Mess Cookbook

Rebel Recipes

Healthy Vegan Diet Cookbook

Home Cooking Recipes: Sustainable Home Cooking with Paleo and Vegan Recipes

Lazy Vegan Recipes

More Quick-Fix Vegan

Vegetarian Cookbook: Delicious Vegan Healthy Diet Easy Recipes For Beginners Quick Easy Fresh Meal With Tasty Dishes: Kitchen Vegetarian Recipes

A Couple Cooks | Pretty Simple Cooking

The Vegan 8

Vegan Healthy Cookbook

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

One-Dish Vegan

The Easy Vegan Cookbook

Skinny Nom Nom VEGAN Cookbook: : Quick & Easy Low Calorie Vegan Recipes Under 300, 400 & 500 Calories

ARIANA REID

The Experiment

Explore traditional Indian cooking using vegan ingredients with this volume of simple yet unforgettable recipes by the author of *Indian Slow Cooker*. Cookbook author Anupy Singla shares the secret to preparing classic Indian dishes without using animal products. *Vegan Indian Cooking* features 140 recipes that use vegan alternatives to rich cream, butter, and meat. The result is a terrific addition to the culinary resources of any cook interested in either vegan or Indian cuisine. Singla—a mother of two, Indian emigre, and former TV news journalist—has a passion for easy, authentic Indian food. She shares recipes handed down from her mother as well as many she developed herself—including fusion recipes that pull together diverse traditions from across the Indian subcontinent. After launching her Indian As Apple Pie line of spices, Singla builds on her culinary expertise with flavorful recipes that make vegan Indian cooking accessible to even the most hurried home chef.

Quick-Fix Vegan Penguin

106 healthy vegan recipes take you from famished to full in 30 minutes. *Vegan Recipes in 30 Minutes* is the cookbook for busy vegans. Filled with healthy, whole food recipes that take 30 minutes or less from start to finish, this vegan cookbook makes it easy to prepare fresh and savory foods for every meal—no matter how little time you have. New to vegan dining? *Vegan Recipes in 30 Minutes* contains bushels of useful information about why being vegan is good for you. Discover how to save money, reduce your waste, and protect the environment. *Vegan Recipes in 30 Minutes* includes: 106 Fast and Easy Vegan Recipes—From Blueberry Chia Smoothies to Naked Burritos, sink your teeth into scrumptious vegan dishes that take 30 minutes or less to prepare and cook. *Better Food for a Better Life*—Learn about the health benefits of going vegan, as well as how to start a vegan diet, save money, and more. *7-Day Meal Plan*—Ease yourself into vegan dining with a simple meal plan designed to be easy and delicious. Savor delightful vegan food in no time with *Vegan Recipes in 30 Minutes*.

Vegetarian Quick & Easy Tilcan Group Limited

If you can crave it, you can cook it! 100 easy, eclectic recipes to feed you all day, every day. Whatever you may be craving for dinner tonight—pizza, burgers, quesadillas, ramen, dumplings, curries, falafel, jambalaya—you can make—totally vegan, completely delicious, and faster than you'd have thought possible. But you won't just find delectable dinners here. From breakfast to dessert, Nadine Horn and Jörg Mayer have got you covered—from savory breakfast waffles to classic French toast, decadent mocha cupcakes to chocolatey brownies and beyond. Here are 100 vegan versions of your favorite comfort foods, plus fun new inventions and healthy options that are perfect for everyday eating: Quick meals: Coconut Farro, Bánh Mì Deluxe, Sesame Noodles Easy recipes: Speedy Ramen, Overnight Oats, Peanut Truffles Party hits: Ginger Nori Cakes, Antipasto Pizza Bites, Berry Cheesecake Exciting global fusions: Bavarian Samosas, Mexican Paella, Thai Tempura This is

Vegan Everything—the only vegan cookbook you'll ever need.

Vegan Cookbooks: 70 Of The Best Ever Scrumptious Vegan Dinner Recipes....Revealed! Penguin Easy Vegan is packed with more than 100 easy recipes for exciting and nutritious recipes perfect for anyone who chooses to follow a meat- and dairy-free diet. Hearty and warming soups include Butternut Squash with Allspice and Toasted Pine Nuts, plus lighter choices for summer such as Zucchini, Fava Bean, and Lemon Broth. Try delicious Snacks and Light Meals such as Hot Red Pepper and Walnut Dip; Lentil, Carrot, and Cilantro Pâté; Sesame Potato Wedges with Peanut Dipping Sauce; and Vegetable Potsticker Dumplings with Citrus Dipping Sauce. Satisfying Salads to enjoy include Tabbouleh with Chickpeas and Spring Greens; Spicy Cauliflower and Swiss Chard Salad; and Fennel and Orange Salad with Black Olives. Filling Hot Dishes to savor are Stir-fried Tofu with Crisp Greens and Mushrooms; Barley Risotto with Radicchio; and Creamy Vegetable and Cashew Nut Curry with Coconut Milk. Sweet Things are a must—choose from Tropical Fruits in Lime and Chile Syrup; Rhubarb and Apple Crumble; and Cherry and Hazelnut Oat Cookies. Finally, Drinks include nutritious yet delicious concoctions such as Vitamin C Boost Juice; Pineapple and Passionfruit Soy Shake; Peanut and Carob Smoothie, and Date, Banana, and Rice Milk Frappé.

Vegan in 7 Agate Publishing

There are plenty of recipes and cookbooks to help vegans eat quick and delicious dinners, but what about breakfast and lunch? They're the most important meals of the day! To solve this vegan eating dilemma, enter Maya Sozer - private chef, talented food photographer and master of tasty vegan goods. For meals on the go during your busy schedule, Maya has 80 easy and delicious recipes to fuel you throughout the day, along with 80 stunning photographs. For easy grab-and-go breakfasts, awaken your taste buds and energise your brain with Overnight Chocolate Rawnola in a mason jar, Vegan Sweet Potato Pancakes or Chocolatey Cinnamon Rolls in Tortillas. Maya has an arsenal of the tastiest vegan sandwiches, soups and salads that can satisfy hunger in a hurry or get wrapped up for easy, delicious lunches at work. Just wait 'til you try the The Best Vegan Bagel Salad, Spinach Lentil Patties with Lemon Cashew Sauce in a wrap, Spicy Garbanzo Bean Salad Bowl with Tahini Sauce or Cashew Cream of Broccoli Soup. With this cookbook, readers won't have to skip breakfast or buy lunch on a busy day. Maya's quick and easy vegan recipes and photographs will inspire readers to eat healthy, wholesome, delicious food all day long.

Plant-Based on a Budget Shasta Press

The path to a healthy body and happy belly is paved with real food--fresh, wholesome, sustainable food--and it doesn't need to be so difficult. No one knows this more than Kathryne Taylor of America's most popular vegetarian food blog, Cookie and Kate. With *Love Real Food*, she offers over 100 approachable and outrageously delicious meatless recipes complete with substitutions to make meals special diet-friendly (gluten-free, dairy-free, and egg-free) whenever possible. Her book is designed to show everyone--vegetarians, vegans, and meat-eaters alike--how to eat well and feel well. With brand-new, creative recipes, Taylor inspires you to step into the kitchen and cook wholesome plant-based meals, again and again. She'll change your mind about kale and quinoa, and show you how to make the best granola you've ever tasted. You'll find make-your-own instant

oatmeal mix and fluffy, naturally sweetened, whole-grain blueberry muffins, hearty green salads and warming soups, pineapple pico de gallo, healthier homemade pizzas, and even a few favorites from the blog. Of course, Love Real Food wouldn't be complete without plenty of stories starring Taylor's veggie-obsessed, rescue dog sous-chef, Cookie! Taylor celebrates whole foods by encouraging you not just to "eat this," but to eat like this. Take it from her readers: you'll love how you feel.

Plant Biased Rodale Books

Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. The Love & Lemons Cookbook features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved Love & Lemons blog has attracted buzz from everyone from bestselling author Heidi Swanson to Saveur Magazine, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, The Love & Lemons Cookbook teaches readers how to make beautiful food with what's on hand, whether it's a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and efficiently organized, The Love & Lemons Cookbook is a resource that you will use again and again.

Love Real Food Bell & MacKenzie Publishing

'this book is filled with recipes that look so very, very good to eat.' NIGELLA LAWSON 'it's refreshing that Rachel Ama is, in many ways, just herself' RUBY TANDOH OBSERVER RISING STAR OF FOOD, 2019 Find brilliant plant-based dishes that make cooking and enjoying delicious vegan food every day genuinely easy – and fun – in Rachel Ama's Vegan Eats. No bland or boring dishes, and forget all-day cooking. Rachel takes inspiration from naturally vegan dishes and cuisines as well as her Caribbean and West African roots to create great full-flavour recipes that are easy to make and will inspire you to make vegan food part of your daily life. Rachel's recipes are quick and often one-pot; ingredients lists are short and supermarket-friendly; dishes can be prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean fritters Plantain burger Tabbouleh salad Carrot cake waffles with cashew frosting So if you share Rachel's attitude that vegan food should fit into your life with ease and pleasure – whether you are a fully fledged vegan looking for new ideas, want to reduce your meat intake, make more environmentally friendly food choices, or just keen to eat more veg – Rachel's genius cookbook is for you.

Minimalist Baker's Everyday Cooking Rodale

Are you looking to develop healthier eating habits? Are you concerned by animal exploitation and the negative impact of farming on the environment? Do you want to prepare healthy and delicious meals for your loved ones? If you answered "Yes" to any of the above questions, then this vegan cook book will become an essential companion in your kitchen. Many celebrities like Natalie Portman, Bill Clinton and Beyoncé tried vegan diet and all of them feel good and energetic. This Vegan Recipes Cookbook has all the information you need to adopt this plant-based diet. Included inside are a guide to understanding the vegan diet and its benefits, as well as 81 delicious vegan

recipes. Every recipe includes an image of the final product, simple directions, serving suggestions, and nutrient information for the health-conscious cook. Even beginners can easily prepare a tasty vegan meal. This guide features 16 amazing breakfast recipes such as Vegan Corn Bread Vegan Chickpea Omelette Squash Breakfast Bowl There are 28 main course recipes including Vegan Black and White Bean Soup Vegan Goulash Wild Rice with Chickpeas Cashew Spaghetti with Asparagus Vegan White Pizza Also you can find 16 great side dishes, tasty snacks and desserts that you will love. Cooks will also find a few simple air fryer and instant pot vegan recipes inside. With the vegan movement growing, there is increasing demand for new plant-based meal ideas. If you are having a social gathering with your friends or family, chances are there will be one or more people who don't use meat products. This guide will aid you in preparing simple healthy easy quick meals that everyone at your event can enjoy, regardless of their diet. Vegan meals are full of essential minerals and generally constitute of fewer calories than meals featuring animal products. Following this diet can aid in safe weight loss and maintenance of healthy body weight, which is a great benefit for athletes. Another added benefit of following this plant-based diet is the positive effect it has on your skin. If you'd like to reap the benefits of healthy vegan eating, grab a copy of this Vegan Recipe Cookbook and start your journey to a longer and healthier lifestyle today!

Vegan Recipes in 30 Minutes Editorial Imagen LLC

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.

Sweet Potato Soul The Experiment

More than 100 delicious, easy, and colorful vegan dinners on a budget from the founder of the massive social media platform Cooking for Peanuts, with a foreword by Jonathan Safran Foer. Nisha Melvani appreciates that it's hard for many people to commit to being 100% vegan. But committing to one vegan meal a day—dinner—is much more feasible. For those trying to incorporate more vegan meals into your diet, Practically Vegan is your go-to weeknight dinner cookbook and the

perfect entry to veganism. A registered dietitian nutritionist, Melvani offers solid, tested vegan recipes and a non-militant approach for those wanting to eat less meat. Plant-based cooking will no longer feel intimidating with easy-to-find ingredients that you will use in the kitchen over and over again. Inspired by the flavors she was introduced to while growing up in Jamaica, England, and Canada, as well as her own Indian heritage, Melvani shares over 100 delicious recipes, including Creamy One-Pot Cheesy Broccoli Pasta Soup, Cauliflower-Sweet Potato Curry, Sesame Noodle Veggie Stir-Fry, Mushroom Bourguignon, and more, accompanied by a foreword written by bestselling author Jonathan Safran Foer, who urged Melvani to write this cookbook after feeding his family her recipes. With easy-to-follow directions and recipe substitutions as well as culinary tips and tricks, Practically Vegan will be the helping hand you need to prepare a vegan dinner for yourself or your family with confidence.

5-Ingredient Vegan Penguin

Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. Pretty Simple Cooking was named one of the best vegetarian cookbooks by Epicurious and best healthy cookbooks of 2018 by Mind Body Green. A love story at its finest, Alex and Sonja Overhiser first fell for each other--and then the kitchen. In a matter of months, the writer-photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

The Oh She Glows Cookbook Harvard Common Press

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--Rainbow Plant Life--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The Vegan Instant Pot Cookbook will quickly become a go-to source of inspiration in your kitchen.

Vegan on the Go Time Home Entertainment

Vegan books have risen to a dominant sales position in the vegetarian category. One-dish meals are

perennially popular on American tables, and books devoted to one-dish cooking perform well. Robin Robertson's One-Dish Vegan is the first book at the intersection of these two powerful cookbook categories. Robin Robertson has built a publishing record of very successful titles in the vegetarian category. She is known for her creativity in the kitchen, for the breadth of enticing ingredients and flavors with which she works, and for her expertise in vegetarian nutrition - with a special focus lately on how vegans still can get enough protein in their diets. Typically, it takes two or three courses or dishes to make a well-rounded vegan meal. To meet this criterion in one dish takes the kind of ingenuity and expert knowledge that Robertson possesses. One-Dish Vegan contains more than 150 recipes. They range from the most popular categories of one-dish dining like stews, chilis, and casseroles (and other baked dishes) to a host of stovetop sautés and stir-fries as well as substantial salads and dishes that feature pasta as well as other noodles, such as Asian noodles. The recipes are at once homey and adventuresome, comforting and surprising. Above all, they demonstrate that it really is possible to get a complete vegan meal into one dish, full of good-for-you nutrients and bright, satisfying flavors.

The Vegan Instant Pot Cookbook Createspace Independent Publishing Platform

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.

Easy Vegan Speedy Publishing LLC

Learn How to Cook New Healthy and Delicious Vegan Meals with Ease Never believe the saying that Vegan meals require special and exotic ingredient and can never satisfy you. The Healthy Vegan Diet Cookbook 250 New, Quick And Easy Vegan Recipes For Everyone takes vegan cooking to the tastiest level with easy, delicious recipes that are fun to make and a delight to eat. Schvan Jane has visited every grocery store along the way- to find out which vegan foods are (and are not) accessible. Taking this into account, This Vegan Cookbook provides healthful, balanced vegan meals using easy-to-find, affordable vegan ingredients. The vegan recipes in this book ranges from breakfast, lunch, dinner, appetizers, desserts, side meals, special vegan soups to savoury snacks and chicken, etc. Here are what Healthy Vegan Diet Cookbook offers 250 gluten free recipes with

detail explanation and guide No more than 20 minutes of active time prep time per recipe Food nutrition table to help you check the nutritional value of each meal. The Healthy Vegan Diet Cookbook has simplified vegan meal cooking. Now make the right choice - save time, money. Scroll up now and click the Buy button.

The Love and Lemons Cookbook Ryland Peters & Small

Maximize your vegetarian lifestyle with this collection of super easy to make (all recipes ready in under 30 minutes) and delicious vegetarian recipes. Whether you a vegetarian greenhorn (there, even that has green in it) trying to cut back your meal intake or a seasoned vegetarian or even on a vegetarian-only diet, these extra tasty, simple and instant recipes will make your time in the kitchen more productive and fulfilling. The book is packed with a variety of recipes from a range of culinary traditions to make it easy for beginners to whip up quick and delicious vegetarian meals without fuss. It is divided into three handy sections for breakfast, lunch and dinner recipes. This book is also written to challenge the misconception that vegetarian meals are limiting and boring. There are loads of global influences that add variety, ideas, and flavors to your meals with ingredients that are easily available in your kitchen. The idea is to use the most basic ingredients to create restaurant-style vegetarian treats that will seldom make you feel like you are compromising on taste or limiting your choices. Plants are extremely low in calorie content and high in vitamins, antioxidants and valuable minerals, which makes vegetarian diets nutrition rich for your body. Vegetarian meals are dense in omega 3 fatty acids, Vitamin C, fiber and much more. Though all recipes taste awesome, they are all surprisingly easy to put together even in the hustle of your daily life. -Lip smacking red Thai curry with rice (ditch that pricey takeaway and make your own healthy and delicious version) - Vegetarian tikka - Spinach cheese baked rice - Veggie pita pizza - Black bean chunky burger - Italian Panzanella salad - Lebanese baba ganoush And much much more Whether you are looking for some much needed vegetarian culinary inspiration or just getting started with the vegetarian way of life or looking to add some more zing to your already thriving veggie life, this book is for you. Click the buy button today to whip up quick, easy and delicious vegetarian treats! ----- Tags: vegetarian cookbook recipes delicious diet healthy easy beginners quick With instant food fast body Kitchen tasty Dishes vegan Easy meal fresh healthy vegetarian cookbook vegetarian cookbook for beginners easy vegetarian cookbook vegetarian recipes cookbook vegetarian recipes books vegetarian cookbook beginner vegetarian cookbook budget vegetarian cookbook calories vegetarian recipes vegan recipes vegetarian meals vegan vegan cookbook vegan meals best vegetarian cookbooks easy vegan recipes vegetarian dishes easy vegetarian recipes vegan food best vegan cookbooks vegetarian food vegan dinner recipes healthy vegetarian recipes easy vegetarian meals

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[Vegan Recipes Cookbook](#) Andrews McMeel Publishing

Busy vegans, rejoice! award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to prepare recipes for everyday vegan cooking -- all dishes that can be prepared in a half-hour. Sections include The Lighter Side of Life: Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates: Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts. The 30-Minute Vegan also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion -- making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole-foods vegan fare every day.

[Practically Vegan](#) Createspace Independent Publishing Platform

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.

Rachel Ama's Vegan Eats Macmillan

Robertson provides 150 vegan recipes ranging from starters, snacks, salads, sauces, and sandwiches to stovetop suppers, pastas, soups, and desserts that can all be prepared in 30 minutes or less. Cooks of all skill levels will find that the recipes are just as delectable and adaptable to the omnivore as they are essential to the vegan lifestyle.