
Vegan Banana Dessert Recipes

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Bigger Bolder Baking
Kentucky Receipt Book
My New Roots
hot for food all day
FODMAP Friendly

LILIANNA PETERSEN

The Oh She Glows Cookbook Clarkson Potter Following her bestselling The China Study Cookbook, LeAnne Campbell brings together top names in the plant-based community to share their favorite and most delicious recipes in The China Study All-Star Collection. Featuring your favorite chefs and cookbooks authors, The China Study All-Star Collection includes foods from Happy Herbivore chef Lindsay S. Nixon; Del Sroufe, author of the New York Times bestseller Forks Over Knives Cookbook; Laura Theodore, host of PBS' Jazzy Vegetarian; and pioneering researcher Dr. John McDougall, which all follow the nutrition standards set forth by The China Study. Even better, with delectable dishes such as Dreena Burton's Sneaky Chickpea Burgers, Heather Crosby's Peppermint Chocolate Chunk Ice Cream, Christy Morgan's Fiesta Quinoa Salad and Christina Ross's Daikon Mushroom Fettuccine, this collection of recipes has you covered for any occasion or craving. With an introduction from The China Study co-author Dr.

T. Colin Campbell, The China Study All-Star Collection is the ultimate plant-based cookbook for healthful, savory eating.

Vegan Chocolate

Houghton Mifflin Presents two hundred whole-foods-based recipes that use fresh, seasonal ingredients and emphasize gluten-free options, natural sweeteners, raw foods, beans, and greens to satisfy even the pickiest eaters.

Two Peas & Their Pod Cookbook Hachette GO Recipes for classic cookies, fancy cookies, holiday cookies, brownies, blondies, bars, and more.

Cravings

ReadHowYouWant.com A dairy-free rich chocolate tart that only takes 10 minutes to make? Banana waffles drizzled with maple syrup that are gluten-free? Flaky sausage rolls that are totally plant-based? Goopy nut butter choc pots made without eggs and ready to eat, fresh from the oven, in just 15 minutes? If you have suffered ill health or have food allergies and intolerances and are looking for recipes that can be made in minutes, with instructions you can understand, using ingredients you probably

already have and are guaranteed healthy and tasty, then this is the only cookbook you need in your kitchen. Healthy Living James includes 80 delicious recipes, each one gluten-free, dairy-free, egg-free and mainly plant-based (but with easy options to add in meat or fish). Every recipe aims to teach you how easy it is to cook this food, using affordable supermarket ingredients and a couple of pots and pans, even if you have limited time, energy or skill. 'I've created a cookbook to cater for all, no matter your allergies or food choices. No judgement or preaching, just accessible recipes for all to enjoy. That's why I've opened this recipe book up so that you can use whatever flour, milk, cheese, meat or fish you want.' Recipes include: Chocolate Peanut Butter Shake & Take Oats Strawberry Granola Pot Tex-Mex Quinoa Salad Homemade Pot Noodle Mushroom Stroganoff 20-Minute Fish Curry Chickpea & Avocado Smash Burgers Cheesy Gnocchi Bake Meat-Free Ball Marinara Sub Garlic Flatbread Salt & Vinegar Smashed Potatoes 'Healthy Living James is the book that I needed

when I was struggling with my health. Ten years ago, I fell seriously ill out of the blue, which left me bed-bound for two years and house-bound for the next four. I knew that food could be an important part of my recovery journey, but I had no idea how to cook and no energy to concentrate on complicated instructions. I was looking for quick, easy and healthy recipes, with just a handful of ingredients and basic steps that even I could follow. I couldn't find anything suitable, so I decided to teach myself.'

The Joy of Vegan

Baking Race Point Publishing

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie

shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand—you can have your dessert and eat it, too!

N'ice Cream Grand Central Publishing
INSTANT NEW YORK TIMES BESTSELLER An all-new collection of more than 120 recipes that are so delicious and easy to make, you might forget they're vegan, from the #1 New York Times bestselling author of Deceptively Delicious, Double Delicious, The Can't Cook Book, and Food Swings. Jessica Seinfeld isn't a committed vegan. Her husband and her children aren't, either. Instead of convincing you to become vegan or shaming you for eating meat, she simply wants to show you how easy it is to be a vegan, at times, by cooking flavorful, affordable, and robust plant-based meals whenever you want—whether that's every day, once a week,

or just once in a while. With her reassuring and accessible style, Jessica shows you step-by-step recipes for sweet and savory breakfasts, comforting and healthy meals for lunch and dinner, delicious snacks that can be whipped together quickly, and essential sauces and dressings—all tailored to home cooks. She also demonstrates how to create a basic vegan pantry filled with the essential items to keep in stock, explains what kitchen equipment you'll want to have on hand, gives sample menus for combining recipes, and tells relatable stories from her adventures in vegan cooking with her family. Simple, affordable, and comforting, and infused with Jessica's "encouraging attitude" (Publishers Weekly), *Vegan*, at Times is the perfect gateway to a healthier and more balanced you.

Bakerita Macmillan Publishers Aus.

The highly anticipated cookbook from the immensely popular food blog *Minimalist Baker*, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to

prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Easy Vegan Baking

CreateSpace

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.

Cheers to Vegan Sweets
Ten Speed Press
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! [More Great Good Dairy-free Desserts Naturally](#)

The Experiment
Tacos, pizza, wings, pasta, hearty soups, and crave-worthy greens-for some folks looking for a healthier way of eating, these dishes might all seem, well, off the table. Carleigh Bodrug has shown hundreds of thousands of people that that just isn't true. Like so many of us, Carleigh thought that eating healthy meant preparing the same chicken breast and broccoli dinner every night. Her skin and belly never felt great, but she thought she was eating well--until a family health scare forced her to take a hard look at her diet and start cooking and sharing recipes. Fast forward, and her @plantyou brand continues to grow and grow, reaching +470k

followers in just a few short years. Her secret? Easy, accessible recipes that don't require any special ingredients, tools, or know-how; what really makes her recipes stand out are the helpful infographics that accompany them, which made it easy for readers to measure ingredients, determine portion size, and become comfortable enough to personalize recipes to their tastes. Now in her debut cookbook, Carleigh redefines what it means to enjoy a plant-based lifestyle with delicious, everyday recipes that anyone can make and enjoy. With mouthwatering dishes like Bewitchin' Breakfast Cookies, Rainbow Summer Rolls, Irish Stew, and Tahini Chocolate Chip Cookies, this cookbook fits all tastes and budgets. PlantYou is perfect for beginner cooks, those wishing to experiment with a plant-based lifestyle, and the legions of "flexitarians" who just want to be healthy and enjoy their meals"--

BOSH!: Healthy Vegan
Clarkson Potter
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.

Extreme Dessert

Makeovers Hachette UK

Live well and feel energised - go vegan in 15.

Chocolate-Covered Katie

Hachette UK

Dessert for Two takes well-loved desserts and scales them down to make only two servings! Who doesn't love towering three-layer cakes with mounds of fluffy buttercream? Who can resist four dozen cookies fresh from the oven? Wouldn't you love to stick your spoon into a big bowl of banana pudding? But what about the leftovers? Dessert recipes typically serve eight to ten people. Finding the willpower to resist extra slices of cake can be difficult; the battle between leftover cookies and a healthy breakfast is over before it starts. Until now. *Dessert for Two* takes well-loved desserts and scales them down to make only two servings. Cakes are baked in small pans and ramekins. Pies are baked in small pie pans or muffin cups. Cookie recipes are scaled down to make 1 dozen or fewer. Your favorite bars—brownies, blondies, and marshmallow-rice cereal treats—are baked in a loaf pan, which easily

serves two when cut across the middle. Newly married couples and empty-nesters will be particularly enthralled with this miniature dessert guide. To everyone who lives alone: now you can have your own personal-sized cake and eat it, too.

[Dessert For Two: Small Batch Cookies, Brownies, Pies, and Cakes](#) BenBella Books, Inc.

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. /div

Healthy Living James

Simon and Schuster

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 The China Study All-Star Collection Running Press Adult

Pastry chef extraordinaire Fran Costigan offers a complete course in baking dairy-free desserts of all kinds with tips and techniques that ensure sweet success. Contents include: - secrets of flaky, foolproof pie crusts - cakes, fillings, frostings,

and glazes - gels, creams, puddings and sauces - cookies, bars, cobblers, crisps No matter what your skill level in the kitchen, with these clear instructions anyone can become a master baker.

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

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. Let Them Eat Vegan! Victory Belt Publishing 1 MILLION BOSH BOOKS SOLD WORLDWIDE A full-color, plant-based guide to help you slim down and eat and feel better; filled with eighty delicious, vegan recipes and nutritious meal plans from the international phenomenon and bestselling brand BOSH! BOSH! has revolutionized plant-based eating! As the largest and fastest-growing plant-based food channel on the web, and the brand behind the smash international bestselling cookbook, BOSH! has introduced readers across the globe to fun, mouth-watering vegan recipes even meat eaters can love. Now, Henry and Ian are on a mission to help you eat well, feel better, and even lose weight. A comprehensive guide to nutritious, wholesome living using only the

power of plants, BOSH!: Healthy Vegan features eighty delicious recipes and nourishing meal plans to get you started and help you stay on track. Packed full of nutrition hacks and lifestyle tips, BOSH!: Healthy Vegan will motivate anyone looking to achieve a fit, lean, and healthy body while staying vegan.

The Great British Bake Off: Love to Bake
HarperCollins

Born out of the popular blog Kale & Caramel, this sumptuously photographed and beautifully written cookbook presents eighty recipes for delicious vegan and vegetarian dishes featuring herbs and flowers, as well as luxurious do-it-yourself beauty products. Plant-whisperer, writer, and photographer Lily Diamond believes that herbs and flowers have the power to nourish inside and out. "Lily's deep connection to nature is beautifully woven throughout this personal collection of recipes," says award-winning vegetarian chef Amy Chaplin. Each chapter

celebrates an aromatic herb or flower, including basil, cilantro, fennel, mint, oregano, rosemary, sage, thyme, lavender, jasmine, rose, and orange blossom. Mollie Katzen, author of the beloved Moosewood Cookbook, calls the book "a gift, articulated through a poetic voice, original and bold." The recipes tell a coming-of-age story through Lily's kinship with plants, from a sun-drenched Maui childhood to healing from heartbreak and her mother's death. With bright flavors, gorgeous scents, evocative stories, and more than one hundred photographs, Kale & Caramel creates a lush garden of experience open to harvest year round.

Vegan Comfort Cooking
Houghton Mifflin
Show Stopping Gluten-Free and Vegan Baked Goods for Every Craving
Gina Fontana, founder of the Healthy Little Vittles blog, has cracked the code to baking without dairy, eggs and gluten. In this game-changing guide she shares 60 foolproof recipes plus essential tips

and tricks for avoiding common gluten-free vegan baking mishaps. Finally, you can satisfy any sweet craving, regardless of dietary restrictions! Now, it's easy to create comforting classics you may have thought impossible to make plant-based and gluten-free, including fudgy brownies, creamy cheesecake and crème brûlée with a perfectly caramelized top. Chapters are organized by techniques like egg swaps, dairy and butter alternatives, batter consistency and natural sweeteners, so you'll learn to problem-solve while building your baking repertoire. From Perfectly Spiced Carrot Cake and Bourbon Peach Ice Cream to Edible Chocolate Chip Cookie Dough and Apricot Pie Pops, the simple yet delicious options are endless. Packed with invaluable information and 60 gorgeous full-color photographs, this is the must-have handbook for anyone interested in crafting exceptional sweets that just happen to be gluten-free and vegan.

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