

15 Minute Vegan

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: • 5-Ingredient Peanut Butter Bites • Banana Zucchini Pancakes • Sick Day Soup • Lentils and Sweet Potato Bowl • PB Ramen Stir Fry • Tofu Veggie Gravy Bowl • Jackfruit Carnita Tacos • Depression Era Cupcakes • Real Deal Chocolate Chip Cookies With a foreword by Michael Greger, MD, Plant-Based on a Budget gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary What the Health

Exciting Plant-Based Meals without the Mess Plant-based cooking just got easier than ever! Cleanup is a snap when your dinner cooks in one dish, and getting more plants into your diet is downright delicious with approachable yet inspired recipes like: Crispy Black Bean Chilaquiles Hoisin-Glazed Stuffed Acorn Squash Jamaican Jerk Veggie & Pineapple Lettuce Wraps Louisiana-Style Cajun Jambalaya Creamy Pumpkin Risotto with Fried Sage Chickpea Burgers with Sweet Mustard Sauce Street Corn Pita Pockets Mango Tango Pesto Pasta Balsamic Strawberry & Avocado Quinoa You won't find any salads or tofu here! Perfect for vegans, vegetarians and veggie-loving omnivores alike, this book centers on whole food recipes for more nutritious, satisfying meals without sacrificing flavor. Even on your busiest weeknights, these simple yet delicious meals will please the whole family with time to spare.

The first veggie cookbook from the nation's favourite healthy cook and fitness sensation, Joe Wicks aka The Body Coach. Get ready for Joe's vegetarian take on Lean in 15: The Shift Plan, which is the bestselling diet book of all time. Inside are a hundred flavour-packed vegetarian recipes, many of which are also vegan, plus three exclusive Body Coach HIIT workouts and a bonus abs workout. From Smoky Sweet Potato Chili to 'Creamy' Butternut Pasta, Veggie Lean in 15 features a fantastic range of meat-free dishes, all prepared in fifteen minutes flat. The recipes are ideal for full- and part-time veggies, as well as those wishing to cut down on eating meat in a healthy and delicious way. There are also plenty of make-ahead ideas to get you prepping like a boss in no time at all. The man who kept the nation moving during lockdown, Joe has sold more than 3 million books in the UK alone. He has more than 4 million followers on social media, where fans share their journeys towards a leaner, fitter lifestyle.

Jamie Oliver—one of the bestselling cookbook authors of all time—is back with a bang. Focusing on incredible combinations of just five ingredients, he's created 130 brand-new recipes that you can cook up at home, any day of the week. From salads, pasta, chicken, and fish to exciting ways with vegetables, rice and noodles, beef, pork, and lamb, plus a bonus chapter of sweet treats, Jamie's got all the bases covered. This is about maximum flavor with minimum fuss, lots of nutritious options, and loads of epic inspiration. This edition has been adapted for US market.

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? Goey 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.'

15 Minute Vegan Comfort Food

100 Easy Vegan Recipes for the Southern Flavors of Smoke, Sugar, Spice, and Soul : A Cookbook

Plant-Based on a Budget

Over 175 Quick, Delicious, and Healthy Recipes for Everyday Cooking

Practically Vegan

Thug Kitchen 101

1,000 Vegan Recipes

Wholesome, Indulgent Plant-Based Recipes

"If you think you're bored of beans, have no fear: with Kinser's new book, you'll learn how simple beans can make adventurous vegan meals."—*Parade Hearty, protein-rich and delicious, beans are the perfect base for countless delectable dishes. Bringing them all together in a single volume, Vegan Beans from Around the World covers every taste sensation, including: Boston Baked Beans Southwestern Chili Mexican Refried Beans Cuban Black Beans Colombian Red Beans African Curried Black-Eyed Pea & Coconut Soup Greek Lentil Salad Tuscan White Bean Soup Dutch Split Pea Soup South Indian Dal Tadka Korean Mung Bean Salad Japanese Red Bean Ice Cream "I love this cookbook . . . Easy recipes you can make without spending a fortune or an entire afternoon, and your family will actually want to eat them."*—*That Was Vegan? "Vegan Beans from Around the World definitely gives you a variety of flavors and great combinations! . . . I definitely recommend the book to any cook, not just vegan cooking!"*—*Simply Today Life "If I had someone who was looking to take a step away from meat and dairy, I would definitely recommend this book to them."*—*Holy Cannoli Recipes*

NO MEAT, ONLY PLANTS *A cookbook for vegans and anyone who wants more plants in their life, LEON Fast Vegan is all about delicious food, which just happens to be vegan. Whether you are looking for breakfasts or party food, weekday suppers or ambitious feasts, there is something here for everyone. With 200 recipes, the book is packed with everything from breakfast and brunch dishes to sharing plates and party food, via quick suppers and slow-cooked recipes, and masses of sauces, dressings and nourishing sides, with a generous serving of desserts, cakes, ices and drinks to round off your meal. As ever, healthy fast food chain LEON takes inspiration from around the world, with recipes for vegan sushi, Mexican tacos, Vietnamese pancakes and American burgers. The emphasis throughout is on great flavour and keeping things simple.*

Whether you're already eating vegan or just want to try something new, nothing could be simpler and faster than 15-Minute Vegan. Using ingredients that are available in supermarkets, the recipes are as easy as can be – from shopping to cooking to serving. Starting with advice on the equipment you need to make cooking go faster, plus essential pantry ingredients, chapters cover Breakfast, Light Bites, Mains, Essentials and Sweet Stuff. Katy also offers straightforward recipes and tips about preparation, freezing and storing.

From Sam Turnbull, the bestselling author of Fuss-Free Vegan, and creator of the blog It Doesn't Taste Like Chicken, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food—on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam Turnbull's Fast Easy Cheap Vegan, she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. Fast Easy Cheap Vegan is filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snackers, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry–Crisp. Fast Easy Cheap Vegan is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.

*The creators of the New York Times bestselling cookbook series Thug Kitchen are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. Thug Kitchen 101 includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the F*ck you're cooking. This kickass vegan kitchen primer also serves up health benefits and nutrition statistics to remind everyone, from curious newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and our pocketbooks. THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? Thug Kitchen's here to fix that sh*t: All recipes in TK 101 are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumbled home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy bulls*h*t. Just delicious, healthy, homemade food for all the full-time hustlers out there. "Thug Kitchen backs up its bluster with good, solid recipes."--New York Times "Funny, self-aware, and full of delicious-looking recipes that I want to make right this second." --Epicurious.com "F*cking delicious."--Popsugar.com*

East

Fast, Modern Vegan Food That Costs Less

200 Easiest Ever Plant-based Recipes

Let Your Oven Do the Hard Work for You, With 70 Simple One-Pan Recipes

75 Effortless Recipes with Maximum Flavor and Minimal Cleanup

Over 100 Vegan Recipes to Glow from the Inside Out

101 Recipes You Can Make in 30 Minutes or Less, for \$10 or Less, and with 10 Ingredients or Less!

15-minute Veggie Meals with Workouts

This edition has been adapted for the US market. It was originally published in the UK. * Named one of the best cookbooks of the year by The New York Times, the Boston Globe, and Delish * “Enticing, inviting and delicious. Vegan and vegetarian dishes that are hard to resist (and why should you?).” –Yotam Ottolenghi “Sodha, who writes a vegan cooking column for The Guardian, has widened her scope in this exceptional volume, drawing on ingredients and techniques from throughout Asia to inspire a mix of mostly speedy, weeknight-friendly dishes... a glimpse of Ms. Sodha at her best.” –Melissa Clark, The New York Times “With verve and charm, Meera Sodha persuades all cooks to make her luscious plant-based food. Her honesty and wit shine bright in this accessible collection of recipes tailored for omnivores and busy people. Every page bursts with exciting ideas you'll want to cook up!” –Andrea Nguyen, author of Vietnamese Food Any Day and The Pho Cookbook Modern, vibrant, fuss-free food made from easy-to-find ingredients, East is a must-have whether you're vegan, vegetarian, or simply want to eat more delicious meat-free food. Meera Sodha’s stunning new collection features brand-new recipes from a wide range of Asian cuisines. This cookbook is a collaboration between Sodha and the East Asian and South East Asian home cooks and gourmet chefs who inspired her along the way. There are noodles, curries, rice dishes, tofu, salads, sides, and sweets, all easy to make and bursting with exciting flavors. Taking you from India to Indonesia, Singapore, and Japan, by way of China, Thailand, and Vietnam, East will show you how to whip up a root vegetable laksa and a chard, potato, and coconut curry; how to make kimchi pancakes, delicious dairy-free black dal and chili tofu. There are sweet potato momos for snacks and unexpected desserts like salted miso brownies and a no-churn Vietnamese coffee ice cream.

Over 200 delicious, easy vegetarian recipes you can make after work! With only 15 minutes (including prep time), and a few basic ingredients, you can whip up a tasty dish that will please everyone in your household. There are even meat variations for the carnivores among you! Mouthwatering recipes include: Linguine with Walnuts, Garlic, and Chili Peppers; Grilled Eggplant with Salsa Fresca; 10 Easy Omelettes; and Broccoli Bisque.

Vegan Roasting Pan offers 70 oven-to-table recipes that are cooked in just one tin – a roasting tin, baking sheet or muffin tin, plus a few select pieces of preparation equipment. From Sticky maple aubergine with crushed peanuts, Watermelon nigoise and Oven-fried nuggets, to Apple and ginger dahl, Low and slow rice pudding or a Blackberry and peach tart, whether you’re a kitchen pro or a vegan beginner, it’s time to let your oven do all of the hard work for you. The recipes are organised into four chapters: Light: Dishes that are simple enough for lunch, or a light supper Supper: Delicious and hearty one-pots that all of the family will love, any night of the week Extras: Sides and snacks that are easy to prepare Sweet: Bakes, puddings and breakfast ideas that are both simple and tasty With tips for every recipe and advice on freezing and batch cooking, Vegan Roasting Pan will build your confidence in the kitchen, simplify cooking processes and prove that vegan cooking is easy, with fail-safe meals that all of the family will love.

This edition has been adapted for the US market. From simple suppers and family favorites, to weekend dishes for sharing with friends, this book is packed full of phenomenal food – pure and simple. Whether it's embracing a meat-free day or two each week, living a vegetarian lifestyle, or just wanting to try some brilliant new flavor combinations, this book ticks all the boxes. Super-tasty, brilliantly simple, but inventive veg dishes include: · AMAZING VEGGIE CHILI, comforting black rice, zingy crunchy salsa and chili-rippled yogurt · GREENS MAC 'N' CHEESE with leek, broccoli & spinach and a toasted almond topping · VEGGIE PAD THAI, crispy fried eggs, special tamarind & tofu sauce and peanut sprinkle · SUPER SPINACH PANCAKES with avocado, tomato and cottage cheese · SUMMER TAGLIATELLE, basil & almond pesto, broken potatoes and delicate green veg With chapters on Soups & Sandwiches, Brunch, Pies & Bakes, Curries & Stews, Salads, Burgers & Fritters, Pasta, Rice & Noodles, and Traybakes there's something tasty for every occasion. Sharing simple tips and tricks that will excite the taste buds, this book will give you the confidence to up your vegetable intake and widen your recipe repertoire, safe in the knowledge that it'll taste utterly delicious. It will also leave you feeling full, satisfied and happy – and not missing meat from your plate. “It's all about celebrating really good, tasty food that just happens to be meat-free.” Jamie Oliver

From the author of 15 Minute Vegan, Five Ingredient Vegan showcases simple yet exciting recipes using five ingredients or fewer. It's perfect for vegans and non-vegans alike looking for effortless ways to introduce plant-based meals into their everyday cooking. Katy Beskow is the expert on making easy meals for home cooks – even if you're not confident in the kitchen or with vegan cooking. Using ingredients available from your local supermarket and with a list of larder essentials, plus helpful tips throughout, you'll have everything you need to fill food with taste and texture. With 100 recipes covering Basics (Baba ganoush, 3-ingredient beer bread, Citrus tabbouleh, Green apple salsa), Soups (Lemony super greens, Country lentil pottage, Spicy noodle soup, Pantry minestrone), Lunches (Santorini tomato fritters, Welsh rarebit stuffed potatoes, Spicy bean and avocado wraps, Spinach pancakes), Suppers (Baked aubergine with dukkah, Roasted cherry tomato risotto, Pumpkin and sage macaroni, Pear and butterbean traybake), and Sweets (Carrot cake porridge, Zesty bread and butter pudding, Coconut panna cotta, Blood orange granita), you too can get maximum flavor with minimal fuss – all with just five ingredients.

Southern Vegan

101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

Vegan Asian: A Cookbook

Fast Easy Cheap Vegan

Vegan Fake-out

100 Simple, Fast, Modern Recipes

The Vegan Instant Pot Cookbook

Minimalist Baker's Everyday Cooking

Make Incredible Vegan Versions of Your Favorite Asian Meals If you crave vegan-friendly versions of classic Asian dishes, this will become your new favorite cookbook! Jeeca Uy, of the hit Instagram account @TheFoodieTakesFlight, transforms traditional Southeast and East Asian cuisine into spectacular vegan renditions that are bursting with flavor. From iconic Thai dishes to piping-hot Japanese fare and everything in between, Jeeca ’s recipes will take your palate on a delicious food trip across Asia that will keep you coming back for more. So, why order takeout when you can easily whip up a vegan version that is not only healthier but can taste even better? Find your favorites and discover new ones with recipes such as: Pad Thai Char Siu Tofu Vietnamese Mushroom Pho Singaporean Chili Tofu Chinese Lettuce Wraps Yang Chow Fried Rice Japanese Yakisoba Spicy Dan Dan Noodles Satay Tofu Sticks with Peanut Sauce Korean Bulgogi Mushrooms Along with vibrant photographs, Jeeca has packed this book with tips and tricks to guide any cook, vegan or not, on how best to work with tofu, how to fold dumplings, how to make vegan versions of essential sauces and so much more. This cookbook will quickly become your go-to guide for simple yet delicious vegan Asian recipes.

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.

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.

Incredible Budget-Friendly Plant-Based Meals for the Busy Home Cook Think maintaining a vegan diet is draining on the wallet? Think again. Melissa Copeland, the self-proclaimed Stingy Vegan, is on a mission to prove that cooking vibrant plant-based meals doesn't have to break the bank. Main dishes like Veggie-Packed Mexican Rice, Coconut-Lentil Curry and Smoky Mushroom Fajitas are the perfect balance of quick, flavorful and economical. Fruity Granola Yogurt Parfaits and Blistered Cherry Tomatoes and Beans on Garlic Toast make breakfast a cinch, and frugal staples like beans and pasta are transformed into mouthwatering meals like Garlicky Spring Vegetable Pasta, Black Bean Salsa Burgers and Bee-Free Honey Mustard Chickpea Salad Sandwiches. With Melissa ’s wallet-friendly recipes, you can skip expensive vegan substitutes and pricey health food stores, all while enjoying nourishing meals that are as pleasing to your palate as they are to your bank account.

15-Minute Vegan features 100 brand new vegan recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be – from shopping to cooking to serving. The book starts with Katy ’s introduction to vegan cooking and cooking, with advice on the equipment you need to make your cooking go faster, plus essential storecupboard ingredients. In chapters covering Breakfast, Light Bites, Mains, Essentials and Sweet Stuff, Katy offers 100 straightforward recipes and tips about preparation, freezing and storing. Whether you ’re already eating vegan or just want to try something new, nothing could be simpler and faster than 15-Minute Vegan.

Happy Vegan Food

Simple & Satisfying Vegan Recipes

The 30-Minute Vegan

Delicious Plant-Based Recipes You Can Cook in 15 Minutes or Less

60 Easy & Nutritious Vegan Meals Kids Will Love!

Vegan Beans from Around the World

15 Minute Vegan

Healthy Living James

Plant-Based Recipes with Heart and Soul Here to ring in a new era of vegan cooking is Lauren Hartmann, native Southerner, chef and founder of the food blog Rabbit and Wolves. In these 60 recipes, Lauren shows you how to make rich, buttery, decadent plant- based versions of all your favorite southern foods, so you never again have to miss out on the tastes you love. With foolproof cooking methods and easy substitutions, every bite of these family-on vegan dishes will transport you to a warm summer night, full of family, tradition and (of course) a little sweet tea. Start the day with a proper southern brunch, complete with a Giant Gooley Toffee Cinnamon Roll and Black Pepper-Chive Biscuits and "Sausage Gravy." Gather the whole family for a seriously good feast, with Cheesy Biscuit Vegetable Pot Pie, Pecan-Crusted Tofu with Mashed Sweet Potatoes and Collard Green Carbonara. Don't forget to serve them with the best southern staples, like Candied Jalapeño Hushpuppies, Pimento Cheese Spread and Dill Pickle Pasta Salad. Finish the meal off with a slice of Mississippi Mud Cheesecake, Berry-Peach Cornmeal Cobbler or a Red Velvet Funnel Cake. These comforting recipes perfectly capture the rich flavors of the South, all while helping you discover a delicious plant-based side of everything fried, stewed and barbecued.

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.

Following on from the best-selling Vegan Made Easy cookbook, author and vegan YouTube celebrity cook, Anja Cass, has put together another 110 easy to follow plant based recipes in The Cooking With Plants Cookbook! With easy to follow step by step instructions, full colour photographs for each recipe and a full range of Breakfasts, Mains, Snacks, Sides, Condiments, Sauces and Desserts, this amazing collection of plant based recipes will allow you to eat well and feel great at every meal! A must have for your kitchen, The Cooking With Plants Cookbook will leave you saying "Mmmm...yum" every time you cook!

We all love take-out. It's one of life's little pleasures, and a great way to try food from around the world in the comfort of our own homes. But when hankering after a plant-based treat, the take-out menu isn't always the easiest thing to navigate. Vegan Fake-out offers 70 recipes that deliver fast, easy, vegan takeaway classics that will make sure that you're able to indulge, whenever the craving strikes. Divided into chapters on American, Chinese, Indian, Italian and Middle Eastern classics you'll find recipes which take just fifteen minutes to cook, slow-cooker recipes that do the hard work for you, and menus that will feed up to four people. From All-in-one biryani or Sesame spring rolls, to Sicilian-style pizza, Falafel flatbreads and Chilli burritos, there's something for every Friday night feast. Using readily available ingredients, standard kitchen equipment and with tips on freezing, cost-saving and ditching single-use plastics, you can enjoy a fuss-free fake-out with minimal effort and maximum flavor – all without leaving the house.

Simple, straightforward and delicious – Easy Vegan Bible is the ultimate guide for plant-based mealtimes, bringing you 200 new recipes from bestselling author Katy Beskow. Easy to prepare, quick to cook and using readily available ingredients, this book is not only the go-to cookbook for new and established vegans, but also for home cooks looking for effortless ways to bring plant-based meals into their kitchen. The modern world of vegan cooking can often be confusing, but with a list of easy-to source store-cupboard essentials, useful kitchen equipment, details on common vegan substitutions and demystifying explanations of increasingly popular vegan ingredients (such as jackfruit and silken tofu) you'll be able to produce delicious food, every time hunger calls. Clearly labelled as 15-minute, 30-minute, 5-ingredient or one-pot, the recipes cater for every craving. From French toast for breakfast or a Chickpea and pesto toastie for lunch, to suppertime Panzanella or Katy's vibrant Spring risotto, every mealtime is covered. There are even recipes for those special occasions, like Christmas chestnut cassoulet, a heady Summer punch for those long warm evenings, and satisfying sweet treats such as Rhubarb and orange crumble or Sticky toffee flapjack. This is feel-good, effortless food by an expert in vegan cooking – and the only plant-based cookbook you'll ever need.

Fast, Modern Vegan Cooking

Fast as F*ck

60 Delicious Recipes for Fast & Easy Plant-Based Eats

Plant-Based Take-Out Classics For The Ultimate Night In

Fast, Flavorful Plant-Based Meals on a Budget

The Oh She Glows Cookbook

110+ Life-Changing, Plant-Based Recipes

Being vegan doesn't have to mean living off kale and quinoa, or spending your money on fancy and expensive ingredients. And it definitely doesn't have to mean feeling limited for choices of what to eat! What if "vegan food" could mean cheesy nachos and pizza, hearty burritos, goey spinach and artichoke dip, decadent chocolate cake or even crème brûlée? Well, it can. In Fuss-Free Vegan, Sam Turnbull shows you that "vegan" does not equal unappetizing dishes, complicated steps, ingredients you have never heard of, or even food that tastes healthy. Instead, she gives you drool-worthy yet utterly fuss-free recipes that will bring everyone together at the table, vegans and non-vegans alike, in a chorus of rave reviews. This is the cookbook Sam wishes she had when she went vegan: one that recreates and veganizes the dishes she loved most in her pre-vegan days, like fluffy pancakes and crispy bacon, cheesy jalapeño poppers and pizza pockets, creamy Caesar salad and macaroni and cheese, rich chocolate brownies and holiday-worthy pumpkin pie, to name just a few. (And there's no hummus recipe in sight.) Say goodbye to searching endlessly around for that one special ingredient that you can't even pronounce, or cooking dishes that don't deliver on their promise of yumminess; instead, say hello to ingredients you can pick up at your local grocery store, step-by-step techniques, and Sam's enthusiastic voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan life, Sam Turnbull and Fuss-Free Vegan are your ultimate guides in the new vegan kitchen.

Undeniably Good, Unbeatably Fast Simple, speedy and satisfying—these vegan recipes check all the boxes for the perfect weeknight meal. Even if you are low on time and energy, you don't need to sacrifice your health. Janet Gronnow's creative approach shows you how to pack plant-based protein and healthy fats into your dinners to give you the flavors you want with the nutrition you need. And all in just 15 minutes! Feel reenergized at the end of a long day with vibrant and nourishing bowls such as the Buffalo Tempeh & Avocado Bowl with Vegan Honey Mustard or find comfort with hearty pastas like the Sun-Dried Tomato Alfredo Penne with Broccoli. Janet's recipes are easy to follow, utilizing her smart cooking methods and simple shortcuts, along with affordable, easy-to-find ingredients. This collection is full of flavors inspired by a variety of cuisines that will keep your tastebuds happy. Every page will amaze you with what you can create in such a short amount of time.

75 Vegan Recipes That Will Blow Your Mind Megan Sodd has spent nearly her entire life studying plant-based cuisine to discover the best, most satisfying and delicious ways of cooking vegan food. In this cookbook, she shares all of her secrets. We've got comfort foods—hello Crispy Southern Chickpea Sandwiches and Meat Lover's BBQ Pulled Jackfruit with Avocado Slaw. We've got masterpieces, like Spring Linguine with King Oyster Scallops, where every bite will have you saying, "Yuuuum!" And best of all, a whole chapter is dedicated to Megan's signature cheeses and meals stuffed with ooey-goey cheesy goodness. Just wait till you try her Smoky Gouda Melt, Pesto Mac'n'Cheese or Roasted Vegetable Romanesco Lasagna—you'll think you've died and gone to foodie heaven. Besides a huge variety of weeknight-friendly meals and Megan's stunning photography with every recipe, each chapter begins with beautiful illustrated reference pages to help you master plant-based cooking. This is more than a great recipe book. It's an inspiring and instructive ode to flavor that will revolutionize the way you cook.

In Happy Vegan Food, Bettina Campolucci Bordi shares a collection of easy and delicious plant-based recipes that anyone can incorporate into their busy life. With recipes including Hearty Buckwheat Waffles, a tasty Korean Pancake, a delicious yet quick One Pot Curry in a Hurry, and the decadent Hazelnut Bites, Bettina proves that nutritious food doesn't have to be restrictive. Happy Vegan Food is designed to take you through your busy day by including ideas for breakfast, lunch, dinner, meals for one, desserts and snacks, and Sam's enthusiastic voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan life, Sam Turnbull and Fuss-Free Vegan are your ultimate guides in the new vegan kitchen.

Vegan cookery expert Katy Beskow celebrates cooking for pleasure, soul and enjoyment, without having to spend hours in the kitchen. Using ingredients readily available in supermarkets, Katy's easy recipes and instructions will have you making delicious, nutritious meals time after time. The book explores how a mindful cooking process is as comforting as the final dish, even when you have just 15 minutes to spare, and offers 110+ recipes

Five Ingredient Vegan

120 Vegan and Vegetarian Recipes from Bangalore to Beijing [American Measurements]

Vegan in 15

Veggie Lean in 15

15 Minute Vegan: On a Budget

101 Everyday Comfort Food Favorites, Veganized

15-Minute Vegan

5 Ingredients

Live well and feel great - go vegan in 15... Full of flavour and character, and containing all the nutrients you need for optimum health, Kate Ford's irresistible recipes will inspire you to get the most out of a vegan lifestyle, whether you are an established green eater or simply looking for a way to begin.

Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave—the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week. Fabulous recipes like Roasted Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac'n'Cheez mean you can cut back your restaurant spending by making your own photo-worthy dishes at home. Megan Sodd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you're craving Jerk Lettuce Wraps with Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-based dinners are more than salads and stir-fries—they're fun, fast and scrumptious.

Nourish Your Family with Vibrant Plant-Based Meals Join Claire Swift and Sarah Biagetti, moms and founders of Healthy Twists, as they teach you how to satisfy the entire family with tons of wholesome and nutritious vegan meals. Their innovative plant-based twists on family recipes will deliver flavorful meals to your table. With a wide variety of gluten-free and allergen-friendly recipes, this cookbook is guaranteed to cater to all the dietary needs of your family! Looking for a quick weekday meal? Whip together some Crispy Tofu Nuggets for the kids before heading off to soccer practice! Craving a sweet Sunday brunch? Try Claire and Sarah's Apple Waffles, layered with berries and chocolate spread. Save those precious weeknight hours and blow away your family with one of Claire and Sarah's batch-cooked freezer recipes. From a hearty Cottage Pie with Cauliflower and Potato Mash to Smoky Black Bean-Loaded Fajitas, there's no shortage of delicious mid-week meals. Enjoy weekend baking sessions with your kids creating any of the delicious cakes, bakes and desserts—from birthday showstoppers to easy snacks and tantalizing desserts. Whether you're looking to commit to a vegan lifestyle, introduce your kids to more plant-based meals or simply balance out your family's diet, this cookbook contains all the inspiration you need for satisfying feel-good meals.

Whether you're looking for a classic pepperoni pizza or a vegetarian pita pocket, Pizzas and Flatbreads is stuffed full of flavorful recipes to satisfy all your doughy cravings Whether you're looking for a classic pepperoni pizza or a vegetarian pita pocket, Pizzas and Flatbreads is stuffed with over 100 flavorful recipes to satisfy all your doughy cravings. Featuring international pizza and flatbread recipes for every meal of the day, with recipes for everything from making your own dough to cooking the perfect batch of naan, you're sure to find yourself going back for seconds. Like all the books in the "Art of Entertaining" series Pizzas and Flatbreads offers easy-to-follow recipes and colorful photographs that will help make you the hero of family meals and parties.

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.

15-Minute Vegetarian Recipes

The Secrets to Mastering Plant-Based Cooking

Over 80 delicious gluten-free and dairy-free recipes ready in minutes

Easy Vegan Bible

Delicious Down-Home Recipes for Your Plant-Based Diet

200 Quick, Easy, and Delicious Recipes the Whole Family Will Love

The Best Dishes from Thailand, Japan, China and More Made Simple

Sweet Potato Soul

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, ohshesglows.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 moutnerwatering, 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!

From the author of the bestselling 15 Minute Vegan comes 15 Minute Vegan: Comfort Food. The book shatters the notion that vegan food is cold and soulless by showing you how to create inspired comfort foods, whether you're vegan or not. Vegan cookery expert Katy Beskow celebrates cooking for pleasure, soul and enjoyment, without having to spend hours in the kitchen. Using ingredients readily available in supermarkets, Katy's easy recipes and instructions will have you making delicious, nutritious meals time after time. The book explores how a mindful cooking process is as comforting as the final dish, even when you have just 15 minutes to spare, and offers 100 recipes across five chapters: comfort classics (chocolate chilli, moussaka bowls); sides & bites (sweetcorn fritters, speedy samosas); social sharing (mushroom bourguignon, garden biryani); solo recipes (spicy falafel burger, cashew chow mein); and sweet comforts (cherry pot pies, jam sponge pudding).

15 Minute Vegan: On a Budget features 100 recipes for home cooks who want to create effortless, fast and delicious vegan food, without the price tag often associated with vegan cooking. All of the ingredients can be purchased in supermarkets and every recipe is ready in 15 minutes or less. Katy Beskow challenges the perception that vegan cooking is expensive, and shows that veganism is for all by using ingredients that are readily available and need no specialist equipment. This is a book for both non-vegans and vegans who want to try reduce food costs without sacrificing flavour. Chapters include: Leftovers (Potato peel crisps, Panzanella, Pita chips); From the Cupboard (Spanish chickpea stew, Thai slaw, Black bean mole); Fresh food (Aubergine caponata, Mango gazpacho, Korean bibimbap); Family Favourites (Lentil ragu, Kedgeree with paprika yoghurt); and Sweet Treats (Cinnamon sugar tortillas, Sesame brittle thins, Apple fritters). There is also plenty of advice on eating seasonally and shopping wisely.

Whether you're a new to vegan cooking, a long-time vegan, or someone who is just trying to eat meatless meals a few times a week, this is the book for you. You will have a lifetime of recipes and inspiration. These delicious recipes for breakfast, lunch, dinner and everything in between, are cholesterol-free, low in saturated fat, and high in fiber and complex carbohydrates. You'll get crowd-pleasing appetizers and snacks like Mango-Avocado Spring Rolls and Savory Artichoke Squares and family favorites like Vegan Margarita Pizza and Baked Mac and Cheeze. Best of all, Robertson gives you an endless variety of recipes from a diverse range of cultures. There is something in this book for everyone's taste! 1,000 Vegan Recipes:Includes a "FAST" icon featuring quick and easy recipes that can be ready in 30 minutes or lessProvides kid-friendly recipes to help you get your kids to eat more nutritious foodsOffers detailed information and guidelines on ingredients substitutions, special nutritional concerns, and a handy list of important pantry staples -Presents vegan alternatives to restaurant favorites with recipes such as Penne with Vodka-Spiked Tomato Sauce, Fajitas Without Borders, Cheezecake with Cranberry Drizzle, Vegan Tiramisu, and vegan ice creams, sorbets, and granitas1,000 Vegan Recipes is for everyone who is interested in healthy and delicious eating that is also ethically, environmentally responsible.Robin Robertson is a twenty-five-year veteran food writer, cooking teacher, and chef specializing in vegan and vegetarian cooking. She is the author of nineteen vegan or vegetarian cookbooks, including Vegan Planet, and is a regular columnist for VegNews Magazine and VegCooking.com. She operates a vegan- and vegetarian-focused Web site (GlobalVeganKitchen.com) and blogs regularly at VeganPlanet.blogspot.com.

15 Minute Vegan: On a BudgetFast, Modern Vegan Food That Costs LessHardie Grant Publishing

15-Minute Vegan Meals

Pizzas and Flatbreads

Vegan YUM

Delicious Vegan Recipes for Under \$30 a Week, in Less Than 30 Minutes a Meal

Weeknight One-Pot Vegan Cooking

Leon Fast Vegan

Fuss-Free Vegan

Vegan Roasting Pan

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.

15-Minute Vegan Cookbook

The Cooking with Plants Cookbook

The Plant-Based Family Cookbook

Quick & Easy Food

75 Fast Plant-Based Meals You're Going to Crave!

100 Easy Vegan Recipes to Eat Well and Feel Great!

Ultimate Veg

Fast, Fresh, Simple Vegan