

## The New Vegan

*Going vegan can be a daunting prospect. Many familiar foods and products are out of bounds, and it can be hard to know how to enjoy a healthy, tasty diet. In her new book, top vegan author Aine Carlin guides you through the process of adopting a vegan lifestyle, with tips on what to tell people about your new diet, what you can eat at a restaurant, dealing with cravings and her take on vegan-friendly fashion (in 2015, she was named Most Stylish Vegan by PETA). There are more than 90 tempting recipes carefully tailored to people giving up meat, fish and dairy for the first time, including Jerk-marinated Cauliflower Steaks for a main course and Macadamia and Blueberry Cream Pie for dessert, and there are also delicious selections of raw and gluten-free dishes. Learn how to make your own plant milk, nut cream and even vegan-friendly beauty products. Aine's practical advice, non-judgemental approach and tempting recipes are the perfect tools as you begin your vegan journey.*

*Vegan food is sweeping Hawai'i's eateries opening everywhere, vegan dishes multiplying on restaurant menus, vegan food sections in supermarkets. Hawai'i: A Vegan Paradise is the perfect introduction to vegan cooking by one of Honolulu's leading vegan chefs covering every aspect of the plant-based diet. Chef and recipe developer, Lillian Cumic, takes you on a journey through Hawai'i's culinary culture to this new frontier for Island cooking. Her plant-based recipes range from simple tofu poke pp, to a mouth-watering Loco Moco with sunny-side-up vegan eggs, and to satisfy the sweet tooth in all of us, decadent chocolate cake and Meyer lemon cupcakes. The recipes dazzle with colorful and tasty dishes that can proudly be taken to 'ohana get-togethers or special celebrations. Richly illustrated, it guides you through the ins and outs of getting started with vegan cooking and how to equip your pantry with staples and utensils for vegan cooking.*

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

*WHY VEGAN IS THE NEW BLACK offers more than 100 different easy-to-prepare vegan recipes big on flavor, nutrition, fiber, and visual appeal. Tasty remakes of soul food classics and traditional American dishes are sure to inspire the novice and long-term vegan alike. Whether you eat one vegan meal per week, or dump animal products altogether, you can get on the path to better health, improved nutrition, and animal advocacy with delicious home-style vegan cooking.*

*Brooklyn Borough President Eric Adams is on a mission to tackle one of the most stubborn health problems in the country: chronic disease in the African American community. African*

Americans are heavier and sicker than any other group in the U.S., with nearly half of all Black adults suffering from some form of cardiovascular disease. After Adams woke up with severe vision loss one day in 2016, he learned that he was one of the nearly 5 million Black people living with diabetes-and, according to his doctor, he would have it for the rest of his life. A police officer for more than two decades, Adams was a connoisseur of the fast-food dollar menu. Like so many Americans with stressful jobs, the last thing he wanted to think about was eating healthfully. Fast food was easy, cheap, and comfortable. His diet followed him from the squad car to the state senate, and then to Brooklyn Borough Hall, where it finally caught up with him. But Adams was not ready to become a statistic. There was a better option besides medication and shots of insulin: food. Within three months of adopting a plant-based diet, he lost 35 pounds, lowered his cholesterol by 30 points, restored his vision, and reversed his diabetes. Now he is on a mission to revolutionize the health of not just the borough of Brooklyn, but of African Americans across the country. Armed with the hard science and real-life stories of those who have transformed their bodies by changing their diet, Adams shares the key steps for a healthy, active life. With this book, he shows readers how to avoid processed foods, cut down on salt, get more fiber, and substitute beef, chicken, pork, and dairy with delicious plant-based alternatives. In the process he explores the origins of soul food-a cuisine deeply important to the Black community, but also one rooted in the horrors of slavery-and how it can be reimaged with healthy alternatives. Features more than 50 recipes from celebrities and health experts, including Paul McCartney, Queen Afua, Jenné Claiborne, Bryant Jennings, Charity Morgan, Moby, and more! The journey to good health begins in the kitchen-not the hospital bed!

Vegan, at Times

The Cajun Vegan Cookbook

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

Simple and Nutritious Recipes

120+ Recipes for Every Day Or Every So Often

Veganize It! Foolproof Methods for Transforming Any Dish into a Delicious New Vegan Favorite

Reflections and Recipes from Omma's Kitchen

**The New VeganKyle Books**

**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.

Whether you're a full-time vegan or just interested in eating more plant-based foods, variety will spice up your life. This vegan Cookbook brings a new selection of fresh meals to your table, pronto! From one-pot to pressure cooker, choose your favorite cooking method—without being held hostage for hours in your kitchen. This flavorful vegan cookbook doesn't require a long list of ingredients or a huge time commitment. This book is the perfect companion for anyone new to a plant-based diet, with easy guidelines, simple shopping lists, and quick vegan cookbook recipes. For those who are exploring veganism for the first time, The Vegan Cookbook for Beginners will inspire you to create hearty and flavorful meals to please even the most skeptical carnivore.

From one of the most respected names in vegetarian cooking: a collection of creative, uncomplicated recipes for the new generation of vegans—and every cook who wants to introduce tasty, healthful dishes to everyday meals. Nava Atlas, a committed vegan, offers a cookbook packed with recipes that can be prepared in thirty to forty-five minutes. Covering every course, Vegan Express presents appealing soups and stews like Udon Noodle Soup with Bok Choy and Shiitake Mushrooms; grain-and-bean-based recipes like Paella Vegetariana; Jambalaya Pasta and other noodle dishes; a wide variety of sandwiches, wraps, tortillas, pizzas, and main-course salads; and such delicious desserts as Caramel Pudding and Berry-Apple Skillet Crumble. The ultimate no-fuss cookbook for the veggie, vegan or flexitarian in your life 80 quick, easy and delicious vegan recipes, each using only one dish! 'Anyone considering a foray into veganism should acquaint themselves with the work of Roxy Pope and Ben Pook . . . simple, healthy recipes made up of everyday ingredients' Vogue \_\_\_\_\_ One Pot Vegan is the perfect staple cookbook for vegans, vegetarians, flexitarians, or anyone who simply wants more plants on their plate. Packed

*with inspiration for pastas, curries, salads, stir-fries, noodles and even puddings, every recipe uses simple supermarket ingredients - for maximum flavour with minimum fuss. One-pot, one-pan and one-tray recipes include: - QUICK AND NUTRITIOUS MIDWEEK MEALS, such as rainbow noodles, smoky sausage cassoulet, and roasted squash with cauliflower and sage - SIMPLE SIDES AND LIGHT BIGHTS, such as roasted vegetable mezze, loaded sweet potato wedges, and no-waste harissa cauliflower - HEARTY HOME COMFORTS, like rich lazy lasagne, mushroom and ale filo pie, and warming pearl barley chilli - TAKEAWAY CLASSICS, including mushroom tikka masala, tofu satay, and Chinese-inspired sweet and sour jackfruit - SWEET TREATS AND DESSERTS such as peanut butter swirl brownies, boozy Caribbean pear cake, and cardamom and pistachio shortbread* From the creators of *SO VEGAN*, one of the world's leading vegan food platforms with a growing community of over 1.5 million followers. Recipes are accompanied by full nutritional info, plus tips for batch cooking or freezing. Eating more plants has never been so easy! \_\_\_\_\_

*PRAISE FOR SO VEGAN: 'Faff-free, delicious recipes' Times  
'Masterminds' Plant Based News*

*The Complete Guide to Vegan Food Substitutions*

*Fast & Easy Vegan Mouth-Watering Recipes and Cookbook for Vegans*

*The Secret to Living a Long and Healthy Plant-Based Life*

*Nouveau V: The New Renaissance of Vegan & Vegetarian Cuisine*

*35 Delicious and Easy Recipes for a New Healthy Vegan Lifestyle*

*Over 120 Plant-Based Recipes from the Islands*

*How to Follow Veganism*

**Be the boss of your ice cream! Learn to make dairy-free, vegan ice cream, sherbet, sorbet and frozen yogurt at home easily, with or without an ice cream machine (although a machine is recommended.) Use easy-to-find ingredients, and nondairy milks and sweeteners. Recipes in this cookbook include standard favorites, such as Chocolate, Vanilla, Strawberry, Mint Chocolate Chip, Mocha Almond Fudge, and Pumpkin Ice Creams. But there are also more unusual flavors, such as Tomato Basil and Black Sesame Ice Creams. There are also complete instructions for making yogurt at home, which you can then use to make frozen yogurts. And one entire chapter is dedicated to making Mochi Ice Cream, with step-by-step directions.**

**Vegans and people with allergies, lactose intolerance, or food sensitivities will find this a useful resource. Anyone looking for healthier ice cream alternatives will find lots to satisfy them. Ice cream lovers with a sense of adventure can attempt some of the more unique ice cream flavors, such as: Taro Ice Cream Strawberry Basil Balsamic Ice Cream Papaya Frozen Yogurt Lychee No-jito Sherbet Chocolate Curry Ice Cream Cucumber Mint Frozen Yogurt Azuki Ice Cream Chocolate Lavender Ice Cream These healthier recipes are soy, coconut, rice, and nut milk based. They contain no cholesterol and are lower in saturated fat than their dairy counterparts. Stop paying ridiculous prices for mediocre non-dairy treats. Make**

**your own delicious, creamy, dreamy concoctions at home with this cookbook.**

**READER REVIEWS:** I just made the fresh guava ice cream recipe out of my friend Alina's new vegan ice cream cookbook. I used my Mom's guavas and it came out wonderfully smooth and creamy. The fresh guava is subtle and fragrant. I am actually not missing the heavy cream I would usually be using. The recipes run the gamut from classic favorites (Mint Chocolate Chip) to intriguing, mind-bending combinations (Carrot Apple Coconut Curry). It is more than an ice cream cookbook. It is a passionate treatise on taking ice cream making to the level of a grand adventure. I wonder how many ice cream machines were sacrificed testing these more than 100 recipes. I will definitely be trying more soon. I have my eye on the lilikoi frozen yogurt recipe next since I have so many lilikoi right now. -Dorothy Arriola Colby This recipe book contains 15 chapters and an Index for a total of 208 pages. In the last chapter it contains the topic of TROUBLE SHOOTING. I'd welcome seeing that in any cookbook I buy and use. For the most part, I stay out of the kitchen. So I should probably stay out of the kitchen for sure. But these recipes for ice cream are fascinating, and the many pictures entice the reader into trying something new and different. Who are the readers of this book? Readers who are tired of ordinary ice cream, who have dietary problems that require different ingredients, or who are searching for a new experience in ice cream eating. For those readers I recommend this book. In the first chapters, you'll learn the difference between ice cream, sherbet, sorbet, granita, and frozen yogurt. The author then introduces you to the various kinds of milk you may want to try- coconut, soy, grain milks and the ingredients you may want to mix with the milk. You'll need fats, starches, sweeteners, agave nectar, maple syrup and others. And to insure edible results you'll need the right equipment in your kitchen. This can be as simple or as elaborate as you care to make it. And of course, you'll find dozens of recipes to tempt you. My advice is to read the book through carefully before you begin trying a recipe. Each success will lead to another. This book is a winner. Dorothy Francis [www.dorothyfrancis.com](http://www.dorothyfrancis.com) KILLER IN CONTROL, 2011 (Five Star) DAIQUIRI DOCK MURDER, 2012 (Five Star) 4 Five Star mysteries on Amazon Kindle

**An Inconvenient Truth with recipes: a fresh, beautifully designed cookbook with valuable resources for environmentally friendly, healthy, plant-based dishes.**

**THE INSTANT NEW YORK TIMES BESTSELLER • NAMED ONE OF THE BEST NEW COOKBOOKS OF THE YEAR BY Epicurious • EATER • Stained Page • Infatuation • Spruce Eats • Publisher's Weekly • Food52 • Toronto Star**

**The dazzling debut cookbook from Joanne Lee Molinaro, the home cook and spellbinding storyteller behind the online sensation @thekoreanvegan Joanne Lee Molinaro has captivated millions of fans with her powerfully moving personal tales of love, family, and food. In her debut cookbook, she shares a collection of her favorite Korean dishes, some traditional and some reimagined, as well as poignant narrative snapshots that have shaped her family history. As Joanne reveals, she's often asked, "How can you be vegan and Korean?" Korean cooking is, after all,**

synonymous with fish sauce and barbecue. And although grilled meat is indeed prevalent in some Korean food, the ingredients that filled out bapsangs on Joanne's table growing up—doenjang (fermented soybean paste), gochujang (chili sauce), dashima (seaweed), and more—are fully plant-based, unbelievably flavorful, and totally Korean. Some of the recipes come straight from her childhood: Jjajangmyun, the rich Korean-Chinese black bean noodles she ate on birthdays, or the humble Gamja Guk, a potato-and-leek soup her father makes. Some pay homage: Chocolate Sweet Potato Cake is an ode to the two foods that saved her mother's life after she fled North Korea. The Korean Vegan Cookbook is a rich portrait of the immigrant experience with life lessons that are universal. It celebrates how deeply food and the ones we love shape our identity.

Instead of convincing you to become vegan or shaming you for eating meat, Jessica Seinfeld simply wants to show you how easy it is to be a vegan, at times, by cooking flavourful, affordable, and robust plant-based meals whenever you want. Jessica shows you step-by-step recipes, 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. Print run 300,000.

Harness the healing power of plant-based foods for vibrant health and longevity  
Vegan lifestyle expert Tracye McQuirter teams up with her mother Mary to share their secrets for maintaining radiant health for more than 30 years (hint: it's all in the greens), and 100 of their favorite plant-based recipes that have kept them looking and feeling ageless. They break down the basics of nutrition, how to build a vegan pantry, and how to make sure you're getting the best nutrients to promote longevity and prevent chronic disease. They also provide a 14-step guide with practical, easy-to-follow advice on how to transition to vegan foods, jumpstart your healthy eating habits, and how to up your game if you're already a vegan. Their 100 fresh, simple, and flavorful recipes are based on everyday whole food ingredients, including Maple French Toast with Strawberries, Thai Coconut Curry Soup, Cajun Quinoa with Okra and Tomato, Vegetable Pot Pie, Citrusy Dandelion Greens Salad, and Perfect Pecan Pie. Illustrated with beautiful, full-color photographs, Ageless Vegan helps you kiss diet-related disease and fatigue goodbye and gives you the information, inspiration, and affirmation you need to live a long, glowing, and healthy life you love.

**Fresh**

**The Latest and Greatest Methods for Veganizing Anything Using More Natural, Plant-Based Ingredients \* Includes More Than 100 Recipes!**

**Foolproof Plant-Based Recipes for Breakfast, Lunch, Dinner, and In-Between  
Hawaii a Vegan Paradise**

**A Plant-Based Approach to Preventing and Reversing Diabetes and Other Chronic Illnesses**

**The New Trend of Vegan Dishes**

## **Why Vegan is the New Black**

*Nouveau V: The New Renaissance of Vegan and Vegetarian Cuisine* encompasses the many facets of vegan and vegetarian cookery. Chef Beverly Kumari, along with Executive Chef JJ Layton, Executive Chef Abdellah Aguentaou, and Executive Chef Douglas De la Reza, have reinvented "art culinaire" with their gourmet spin on vegan- and vegetarian-friendly recipes. Each of the meatless recipes are developed in line with the same gourmet techniques used in classical and modern-day cuisine. Enjoy this culinary journey, and expect your palate to be satiated by the recipes in *Nouveau V: The New Renaissance of Vegan and Vegetarian Cuisine*. Bon appA(c)tit!

A collection of recipes prepared without meat, fish, eggs, or cheese includes such dishes as Mediterranean red lentil pate and Cuban picadillo, and provides tips on purchasing, preparing, and storing ingredients.

Features over one hundred vegan recipes starring beans, from soups and spreads to cakes and cookies, and provides information on soaking and cooking times as well as preparation methods.

This book is both for newbies eager to explore veganism, and experienced vegans looking to expand their recipe collection. It is the perfect companion for beginners and contains easy guidelines on becoming vegan and following a sustainable clean eating diet. It will teach you everything you need to know in order to adopt the vegan lifestyle, including: \* A definition of veganism and common misconceptions \* Foods to avoid\* Ingredients to shop for\* Useful tips for cooking vegan and eating vegan when dining out\* 35 Delicious and Easy recipes for clean and healthy vegan meals\* Nutritional information with each recipe to help you balance your diet Much moreThe hearty and delectable meals contained in this book will introduce you to a whole new world of nutritious foods that keep you healthy, fit, and active. You will discover new recipes for breakfast, lunch, dinner, soups, salads, deserts, stews, and sides, to keep you and your loved ones well fed at any time of the day. Add these 35 exciting vegan recipes to your meal plan, and surprise your family and friends with your expanded collection of delicious vegan recipes.

Think you know vegan cooking? Lengthy, complicated recipe lists, expensive, hard-to-find ingredients, flavourless food? Think again! Let Aine Carlin, creator of popular vegan lifestyle blog *Pea Soup Eats*, enlighten you with her delicious recipes and straightforward tips. Keep it simple with easy-to-follow recipes, using a sensible number of ingredients that can be found in your local supermarket. Keep it tasty with chapters including *Breakfast, Brunch & More, Light Lunches & Simple Suppers, Something Special, Sauces & Sides and Sweet Treats*. Delight your senses and tantalise your tastebuds with *Rosemary and Pear Stuffed French Toast, Santorini Spaghetti or Sweet Potato Sushi*. Keep it fun - Aine is a truly creative cook who loves to whip up dishes that burst with colour and flavour, such as her *Zesty Watermelon & Bulgar Wheat Salad*. And don't be fooled into thinking there's no room for treats - *Fudgy Brownies*, anyone? But most of all,

*Keep it Vegan! With this gorgeous selection of 100 simple, tasty and fun recipes, newcomers and long-time vegans alike will find plenty to keep them well-fed and inspired. The vegan diet is great for your health, bank balance and the environment, so what are you waiting for? Dive in and discover these vegan delights.*

*The Great Vegan Bean Book*

*Vegan Express*

*The New Vegan*

*Recipes for The New Ethical Vegan*

*Gourmet Vegan Recipes for the Enlightened Palate*

*More Than 100 Delicious Meat and Dairy Free Meal Ideas Your Whole Family Will Love*

As an athlete, you're constantly looking for new methods to get the most out of your body, and eating vegan is a fantastic way to do just that while also boosting your overall health. This is one of the most educational vegan cookbooks, with 101 dishes and three meal plans that will show you how effective combining your training with strong plant-based macronutrient resources can be, regardless of your athletic ability.

Recipes associated with Horizons Philadelphia, a vegan restaurant in Philadelphia, Pa., owned by Rich Landau and Kate Jacoby.

An essential collection of hassle-free, vibrant vegan recipes, from the author behind Food52's wildly popular The New Veganism and Vegan Lunch columns. This lush, modern collection features 60 recipes for dependable yet fresh vegan standbys, including bold pasta dishes, hearty stews, inventive bean burgers, nourishing whole grains, innovative salads, and rich desserts. Food52 columnist, certified clinical nutritionist, and author Gena Hamshaw's approach to vegan cooking will appeal to vegans, flexitarians, and omnivores alike: At its heart, vegan food is just food. Creative, satisfying, and colorful, it offers tremendous possibility to the home cook. With exquisite photography for every dish and abundant "kitchen confidence" tips throughout--such as making cashew cream for rich soups, using nutritional yeast to add umami to a batch of fresh pesto, and adding avocado to breakfast smoothies for a creamy texture--this will be every home cook's go-to guide for incorporating plant-based dishes into their daily routine.

"A culinary trip around the world that will introduce you to exciting dishes you never heard of and offer new twists on old favorites." —Susan Voisin, founder of the Fat Free Vegan Kitchen blog  
Leading vegan cooking expert Bryanna Clark Grogan shares her vast knowledge of international cooking with over 200 stellar recipes inspired by cuisines from around the world. Developed over many years of travel, study, and research, these global recipes feature exciting dishes that you won't find anywhere else. They include universal comfort foods: appetizers; grain, bean, and vegetable main dishes; "meats of the field," brunches; and more, including hearty sandwiches, soups, salads, irresistible desserts, and an international bread



sampler. World Vegan Feast includes tantalizing recipes such as: Greek-Style Lasagna Peruvian Sweet Potato Chowder Singapore Noodles Nepalese Green Beans with Coconut Rose-Scented Baklava Maple-Chocolate-Pecan Shoofly Pie This instructive book provides icons to indicate gluten - and soy-free recipes, as well as many dishes that can be ready in less than thirty minutes. The book also contains helpful sidebars and tips, and menu suggestions that can transform any meal into an extraordinary treat. "World Vegan Feast is destined to become a classic, with flavorful, inspired and satisfying meals from around the globe. It's an extraordinary collection of delicious homestyle recipes, perfect for everyday meals to special occasions. This is the cookbook that you will reach for again and again!" —Julie Hasson, author of Vegan Casseroles

□Color images show the huge range of excellent alternatives accessible to new vegans as well as those who are already vegan and searching for additional possibilities. The New Vegan Cookbook includes recipes for everything from savoury Mediterranean Red Lentil Paté to sweet, creamy Chocolate Rice Pudding.

The New Vegan Cookbook

Healthy at Last

Fresh, Fabulous, and Fun

60 Vegetable-Driven Recipes for Any Kitchen [a Cookbook]

125 Easy, Delicious, Real Food Recipes

New Vegan Cuisine

Horizons

*Entrepreneurs and ethical vegans Michelle Schwegmann and Josh Hooten first satisfied their passion for saving animals by designing and selling a successful line of clothing that promoted cruelty-free ethics: Herbivore. Inspiring people to eat like they give a damn, Michelle and Josh share over 100 recipes for their favorite everyday vegan dishes, which they've tucked into an original book design that reflects their art and ethics. Their recipe list is anchored with a panoply of comfort foods, such as hot soups and chili, mac 'n'cheese, and sweet potato fries, all served up with a touch of whimsy. An Elvis Quesadilla with Maple-Yogurt Drizzle crosses paths with Praise Seitan Vegan Roast and Oma's Full of Beans. Roasted Beet Burgers sidle up to Only-Kale-Can-Save-Us-Now Salad and Pesto-Parmesan Corn on the Cob. With ample helpings of sass and heart, the authors intersperse their recipes with treatises on why vegan and how vegan. In addition, the authors provide support for vegan parents of vegan children and anyone who wants to indulge in the meat- and cheese-based foods they grew up loving, without sacrificing any animals to enjoy them.*

*America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein*

*options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.*

*The latest and greatest methods for veganising anything using more natural, plant-based ingredients.*

*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.*

*Delicious vegan recipes your whole family will love! It's not always easy for vegans to get the nutrients needed to maintain a well-balanced diet. With The Big Book of Vegan Recipes, you can ease your mind knowing that each of these dishes is not only completely vegan, but also packed with flavorful, nutrient-rich ingredients that will keep your family healthy and full throughout the day. Featuring more than 500 delicious vegan recipes, this cookbook offers meals that will satisfy everyone's tastebuds, including: Maple cinnamon breakfast quinoa Creamy sun-dried tomato pasta Black bean and butternut squash chili Gingered and pralined sweet potatoes Sweetheart raspberry lemon cupcakes Complete with easy-to-follow instructions and plenty of preparation tips, The Big Book of Vegan Recipes has everything you need to create tasty vegan meals in no time!*

*The New Scoop*

*Recipes for Dairy-Free, Vegan Ice Cream in Unusual Flavors (Plus Some*

*Old Favorites)*

*A Modern Guide to Classic Cajun Cooking and Southern-Inspired Cuisine*

*World Vegan Feast*

*New Vegetarian and Vegan Recipes from the Award-winning Fresh*

*Restaurants*

*East*

*80 quick, easy and delicious plant-based recipes from the creators of SO*

*VEGAN*

All across North America, people are looking to make better choices, but also eat healthier, more environmentally friendly and, most of all, great-tasting food. New American Vegan breaks from a steady stream of cookbooks inspired by fusion and California cuisines that put catchy titles and esoteric ingredients first in their efforts to cater to a cosmopolitan taste. Instead, Vincent goes back to his midwestern roots to play a humble but important role in the reinvention of American cuisine while bringing the table back to the center of American life. Weaving together small town values, personal stories, and 120 great recipes, New American Vegan delivers authentically American food that simply has to be tasted to be believed. Recipes range from very basic to the modestly complicated, but always with an eye on creating something that is both beautiful and delicious while keeping it simple. Clear instructions provide step-by-steps, but also help new cooks find their feet in the kitchen, with a whole chapter devoted just to terms, tools, and techniques. With an eye towards improvisation, the book provides a detailed basic recipe that's good as-is, but also provides additional notes that explain how to take each recipe further, increase flavor, add drama to the presentation, or add a little extra flourish for new cooks and seasoned kitchen veterans alike.

If you're craving something uncommonly delicious, but uncomplicated to prepare, look no further. From the Now & Zen Restaurant in San Francisco comes an imaginative collection of recipes that harmoniously blends distinctive cuisines—French, Japanese, Spanish, Italian, Greek, and Indian—in tempting vegan dishes. Acclaimed bakery chef and plant-based food innovator Miyoko Schinner shares her latest creations in this updated version of her popular gourmet vegan cookbook.

With a look as fresh as the recipes themselves, New Vegetarian is full of modern, flavorful food for the 30 million Americans (more every day!) who are vegetarians. More than 75 delicious and simple dishes span a wide range of cuisines and cultures—from Vietnamese Pho with Tofu to Baked Creamy Squash Pasta with Arugula. Best of all, the dessert chapter includes goodies so luscious even the most die-hard dairy fans won't suspect these

sweet treats are vegan!

More nutritious, modern, and utterly delicious recipes from Fresh—the award-winning restaurant chain in Canada. Longtime patrons of Fresh know what to expect: scrumptious meatless meals made from all-natural, wholesome ingredients, full of exotic flavours and energy-boosting nutrients designed to make them feel incredible. In their new cookbook, founder Ruth Tal and co-owner and head chef Jennifer Houston offer Fresh fans even more recipes from their enticing and healthy menu. Loaded with nutritious recipes as well as tips on maintaining a healthy and balanced vegan/vegetarian diet, Fresh balances good eating with great taste on every page. For born food lovers or lovers of the new and trendy restaurant scene, the book also re-creates the dining experience at Fresh, with dozens of colour photographs that showcase the restaurant's funky urban decor. Fresh has been featured on Food Network's Best of Show as one of the top juice bars in North America and named one of Toronto's top 20 influential restaurants of the past 20 years by Now magazine. The authors' previous book, reFresh, was a North American bestseller. Fresh offers 150 new recipes for smoothies, salads, sandwiches, and other delights. A cookbook designed to make healthy eating a daily inspiration, Fresh brings the revitalizing creations of the award-winning Fresh restaurants right into your kitchen. Discover new vegan recipes in this amazing book. It has all the details regarding the preparation of vegan dishes.

**Innovative Vegetarian Recipes Free of Dairy, Eggs, and Cholesterol**

**Ageless Vegan**

**100+ Life-Changing, Plant-Based Recipes: A Cookbook**

**New American Vegan**

**More Than 500 Easy Vegan Recipes for Healthy and Flavorful Meals**

**The Complete Guide to Even More Vegan Food Substitutions**

**200 Fabulous Recipes From Over 50 Countries**

Presents over 440 recipes from an experienced vegan chef and caterer, including sections on appetizers, salads, soups, entrées, desserts, sandwiches, snacks, and beverages.

The second vegan cookbook from former personal chef to Ellen Degeneres and Portia de Rossi and author of *Vegan Cooking for Carnivores*

Acclaimed author Lorna Sass, creator of the hit *New Soy Cookbook*, once again displays her talent for combining good health with great taste. With a little flair and an abundance of whole grains, beans, fresh fruits and vegetables, and herbs and spices, it's easy to create the exciting recipes presented in *The New Vegan Cookbook*. Satisfying and cholesterol-free, even kosher cooks will find they can slip these cooking ideas into almost any type of menu. Striking color photographs illustrate the wide variety of tasty choices available for budding

vegans or those already versed looking for new options. From savory Mediterranean Red Lentil Pat to sweet, creamy Chocolate Rice Pudding, The New Vegan Cookbook offers recipes guaranteed to entice any palate. Veganize any recipe with confidence! The Complete Guide to Vegan Food Substitutions is your secret weapon to turning any recipe imaginable into a deliciously “veganized” success—no guesswork or hard labor involved. And no more kitchen failures or recipe flops either. Simply look up whatever non-vegan ingredient you want to sub out, and expert author team Celine Steen and Joni Marie Newman will explain exactly what substitution is best to use and how to make it without compromising taste or flavor, so you ’ ll create dishes that are not only better than the “real” thing, but healthier, too. With more than 200 recipes and substitutions that show the swaps in action, you ’ ll find step-by-step instructions for replacing everything from butter and bacon to gelatin and gouda. You ’ ll also find healthy substitutions for replacing things like gluten, sugar, and fat, so you can fine-tune any recipe to your dietary needs. You and your family and friends will be amazed and delighted with these and more plant-based dishes: Eggs Benedict with Ham Western Bacon Cheeseburgers Indian-Spiced Pumpkin Gratin Cheesy "Chicken" Casserole Fish-y Sticks with Tartar Sauce Walnut Chocolate Brownies Vanilla Latte Ice Cream Stunning photography and easy-to-follow charts appear in every chapter, making it a cinch to dip in and out whenever you need a quick reference or recipe. If you ’ ve always wanted to turn your aunt ’ s famous mac and cheese into a veganized taste sensation, or your grandma ’ s buttermilk pie into a rousing, “reinvented” success, The Complete Guide to Vegan Food Substitutions is the solution you ’ ve been looking for!

From actor and avid traveler Mena Massoud comes a collection of diverse, delicious, and accessible vegan recipes inspired from dishes all over the world, perfect for the aspiring vegan! It ’ s safe to say that veganism is no longer just a trend. Lifelong vegans, part-time vegans, and the vegan curious are a diverse and eclectic group of people from all walks of life and backgrounds, and yet, there ’ s very little out there in mainstream media that reflects this new reality. The Evolving Vegan cookbook celebrates both flavors and stories from a wide array of plant-based eateries all across North America, proving that a plant-friendly diet is truly accessible to all! Some of the recipes you will learn to make include: -Sausage Shakshuka in a Skillet from the restaurant Chickpea in Vancouver -Young Coconut Ceviche from the restaurant Rosalinda in Toronto -BBQ Pulled “Pork” Jackfruit Sandwiches from the Butcher ’ s Son in Oakland, CA -Indian Tofu Curry from The Sudra in Portland, OR -Boston Cream Pie-Cake from Veggie Galaxy in Cambridge, MA -Plus authentic Egyptian dishes from Mena ’ s mother, and many from Mena ’ s own SoCal home kitchen Come travel with Mena to meet Cyrus Ichiza from Ichiza Kitchen in Portland, whose Taiwanese mother inspired him to share his Southeast Asian roots through authentically flavorful vegan dishes. Get a behind-the-scenes peek at the secrets

of San Francisco ' s Peña Pachamama, a Bolivian plant-based restaurant that serves national dishes like pique macho and aji de fideo. Containing recipes from many different countries and cultures, and including helpful tips for lifelong vegans or flexitarians looking to expand their repertoire of vegan dishes, Evolving Vegan takes you on a food-based road trip to explore the vibrancy of veganism across North America.

The New Now and Zen Epicure

The Big Book of Vegan Recipes

One Pot Vegan

More Than 100 Easy, Delicious Vegan Dinners on a Budget: A Cookbook

Food52 Vegan

THE NEW VEGAN RECIPES FOR ATHLETES

Food Is the Solution

“Krimsey’s restaurant was a real favorite of ours. We had her food at Billie’s rehearsals often...fortunately for all of us, she just put out a Cajun vegan cookbook.” - Maggie Baird, mother of Billie Eilish and FINNEAS and founder of the plant-based food initiative Support+Feed Plant-based foodies rejoice: you can finally indulge in New Orleans' iconic cuisine thanks to the 130+ recipes in this first-ever Cajun vegan cookbook. Classic Cajun dishes like jambalaya, étouffée, gumbo, and hushpuppies have gone vegan in this delicious plant-based cookbook created by Krimsey Lilleth, founder of the late-and-great Los Angeles restaurant Krimsey's Cajun Kitchen. The Cajun Vegan Cookbook blends Louisiana's beloved flavor profiles with plant-forward ingredients that are fresh and sustainable, yet still authentic and delicious. 130+ recipes inspired by the Big Easy (including 90+ gluten-free options): • Breakfasts and Breads: Molasses & Roasted Pecan Pancakes, Backwoods Buttermilk Biscuits and Gray, and Strawberry Peach Heart Tarts • Soups, Salads, and Poboy: Southern Belle Pepper Salad, Gulf Coast Oyster Mushroom Soup, and Swamp Queen Poboy • Entrees: Heart of the Bayou Étouffée, Jambalaya Collard Wraps, and Chili-Rubbed Butternut Squash Steaks • Sides: Fried Green Tomatoes, Kale & Tempeh'd Black-Eyed Peas, and Cajun Potato Wedges • Dressings, Sauces, and Toppings: Tangy Tabasco Dressing, Cajun Nacho Sauce, and Smoky Maple "Bacon" Bits • Desserts: French Quarter Beignets, Cinnamon King Cake, and Salted Pecan Pralines • Drinks: Jalapeño Cauldron Lemonade, Café Au Lait, and Hurricane Party Each of the recipes was created under the influence of powdered sugar, café au lait, Louisiana jazz, and a sprinkling of '90s jams. May this cookbook inspire you to try new things, have fun with your food, and be reminded that life is one big party. Enjoy!

New Vegetarian

Deliciously Diverse Recipes from North America's Best Plant-Based Eateries—for Anyone Who Loves Food (A Cookbook)

Keep It Vegan

Eat Like You Give A Damn  
Unbelievably Vegan  
Practically Vegan  
Vegan Diet for Beginners