

The Vegan Table: 200 Unforgettable Recipes For Entertaining Every Guest For Every Occasion

On Being Vegan is a collection of thoughtfully crafted essays that reflect Colleen Patrick-Goudreau's unique blend of passion, humor, and common sense and get to the heart of what it means to be vegan. Born out of her life-changing talks and podcast episodes, On Being Vegan is Patrick-Goudreau's sixth book.

Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or help the environment, Colleen Patrick-Goudreau, dubbed "The Vegan Martha Stewart" by VegNews magazine, holds your hand every step of the way, giving you the tools, resources, and recipes you need to make the vegan transition - healthfully, joyfully, and deliciously. In this one-stop, comprehensive guide, Patrick-Goudreau: debunks common nutrition myths and explains the best sources of such nutrients as calcium, protein, iron, and omega-3 fatty acids helps you become a savvy shopper, eat healthfully affordably, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed offers practical strategies for eating out, traveling, hosting holiday gatherings, and attending social events provides delicious, nutrient-rich, easy plant-based recipes empowers you to experience the tangible and intangible benefits of living a healthy, compassionate life, including achieving healthful numbers for cholesterol, blood pressure, weight, and more.

Provides nutritious vegan slow-cooker recipes that require a minimum of hands-on time, explaining how to prepare ingredients quickly the night before and assemble them in the cooker the following morning, offering such options as Pumpkin Pie Oatmeal, Chili Relleno Casserole and Mushroom Lasagna with Garlic-Tofu Sauce. Original.

Countless people are now cutting back on meat by enjoying more plant-based meals-to look and feel better, have a lighter eco-footprint, or to help animals. If you want to eat less meat and dairy without giving them up entirely, MeatLess offers concrete rationale and easy steps for reducing animal products. Kristie Middleton, senior food policy director for The Humane Society of the United States, shares inspirational stories from people who've lost weight, reached their health goals, helped animals, and improved their environmental footprint through plant-based eating. Along with its delicious, satisfying recipes that anyone can make, MeatLess offers tips and tricks for overcoming common barriers to diet change and how to make a better lifestyle stick-such as easy food swaps, where to dine out, and how to set and meet your goals. Whether you're a passionate meat lover or vegan-curious, MeatLess is the roadmap for a healthier life and a better you. Over 250 recipes organized by themes including cafe culture, breakfast at the diner, lunch cart, urban garden, haute cuisine, "just desserts," and happy hour. At-a-glance icons signify which recipes are low-fat, fast, omnivore-friendly, kid-friendly, and frugal. Also included are essential tips covering vegan cuisine, an overview of the vegan pantry, and numerous menu ideas that will please even the staunchest omnivores!

Entertain in style—vegan style. The Vegan Table is your one-stop source for creating the perfect meal for your friends and family. Whether you're hosting an intimate gathering of friends or a large party with an open guest list, author Colleen Patrick-Goudreau, crowned the "Vegan Martha Stewart" by VegNews magazine, will answer your every entertaining need. Inside you'll be treated to practically limitless recipe and menu ideas, making it easy to satisfy any and all palates and preferences. From romantic meals for two to formal dinners, casual gatherings, children's parties, and holiday feasts, you can keep the party going through every occasion and season. Recipes include: Pumpkin Curry Roasted Red Pepper, Artichoke, and Pesto Sandwiches Creamy Macaroni and Cashew Cheese Elegantly Simple Stuffed Bell Peppers Pasta Primavera with Fresh Veggies and Herbs Tempeh and Eggplant Pot Pies African Sweet Potato and Peanut Stew Roasted Brussels Sprouts with Apples and Onions Spring Rolls with Peanut Dipping Sauce South of the Border Pizza Tofu Spinach Lasagna Blackberry Pecan Crisp Flourless Chocolate Tart Red Velvet Cake with Buttercream Frosting Celebrate the joy of plant-based cuisine with The Vegan Table, your ultimate at-home dining and entertaining guide.

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

"The Wynns are an unforgettable family. The details of their struggle to survive the Great Depression will linger long after the last page has been read."-Ann M. Martin, winner of the Newbery Honor for A Corner of the Universe A stunning debut novel about the true meaning of home Sadie Wynn doesn't want a new life; her old one suits her just fine. But times are hard in drought-plagued Missouri, and Daddy thinks they'll be better off in Texas. Sadie hates this strange new place, where even children must work at the cannery to help make ends meet and people are rude to her disabled father. Yet when trouble comes, it is the kindness of these new neighbors that helps the family make it through. And no one helps more than Dollie, a red-headed chatterbox of a girl who just might become a good friend-if Sadie gives her half a chance. The Truth About Sparrows is a 2005 Bank Street - Best Children's Book of the Year.

[The 30-day Vegan Challenge](#)

[Irresistible Recipes for an Animal-Free Diet](#)

[Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone \(Vegan Or Not!\) Will Devour](#)

[Incredible Plant-Based Desserts](#)

[The Happy Herbivore Cookbook](#)

[Get It Ripe](#)

[Mayim's Vegan Table](#)

[Everyday Happy Herbivore](#)

[The Truth About Sparrows](#)

[Over 125 Recipes So Tasty You Won't Miss the Meat](#)

[75 Out-of-This-World Recipes for Pies, Tarts, Cobblers, and More](#)

[My Kitchen Cure](#)

[MeatLess](#)

[More Than 200 New Vegetarian and Vegan Recipes for Delicious and Nutrient-Rich Dishes](#)

[Quick and Easy Vegan Comfort Food](#)

Are you craving a way to eat killer food without killing yourself, animals, or the planet? Is your brain bloated from watching cooking shows that present recipes you're never, ever going to make? Have you been searching for a way to prove to your friends that vegan food can be just as delicious, hearty, and satisfying as the meaty meals they're accustomed to? Then this is the book for you. Of his journey from watching food porn on his parents' couch to cooking in Hollywood kitchens to becoming vegan, author Brian Patton writes: My roommate said he didn't know what made me a bigger loser: that I was painstakingly preserving episodes of 30 Minute Meals or that I was trying to conceal their existence by labeling them Star Trek....Once I discovered that I could not only survive but thrive without taking the life of another being, I was sold. I was a vegan. For good. And that's how an "ordinary dude" became the Sexy Vegan and started creating "extraordinary food" with a decidedly real-meal appeal. On every page, Brian proves that seriously good food needn't be too serious.

A born food-lover, raised in California on the best Mexican food in the country and her father's traditional Southern soul food, Alicia C. Simpson couldn't imagine giving up her favorite dishes to become vegan. Animal-free food might be healthier, but could it match the tastes of home—like fried chicken, macaroni and cheese, or a bowl of chili? Three years after Alicia took the vegan plunge, Quick and Easy Vegan Comfort Food answers that question with a resounding Yes! Here is the essential cookbook for any of America's more than 6 million vegans who miss the down-home tastes they remember (or want to try), or for vegetarians and even meat-eaters who want to add more plant-based foods to their diets, but don't know where to start. Comfort-seeking cooks will find: Easy-to-prepare, animal-free versions of classics like Spicy Buffalo Bites, Ultimate Nachos, Baked Ziti and more 65 delicious combinations for breakfast, lunch, and dinner, with flavors from around the world, like Chinese Take-In or Tijuana Torpedo. Everything you need to know to start your vegan pantry, and why being vegan is easier, less expensive, and more delicious than you might think. With spirit and style, Alicia shows just how easy yes, and comforting vegan food can be.

Supernanny meets The Sneaky Chef: a celebrity nanny's holistic vegan program that gets kids to eat better and live calmer, more connected lives

Do you ever crave the delicious comfort foods served at your local diner, deli, or neighborhood cafe? This cookbook shows you how to make vegan versions of your favorite dishes in your own home kitchen. These 175+ recipes will satisfy vegans and non-vegans alike with deli sandwiches, burgers and fries, mac and cheese, pasta, pizza, omelets, pancakes, tasty soups and salads, casseroles, and desserts. Put together your own Blue Plate Specials from the roadside eateries of Route 66. Sample favorites from the cafes of San Francisco to the bistros of New York. Enjoy truly great American flavors from tempting ethnic dishes to the homestyle comfort foods of the heartland. Recipes include: Around-the-Clock Coffee Cake, Beer-Battered Onion Rings, Darngood Donut Bites, Cajun Pot Pie, Fork-and-Knife Reubens, Midtown Greek Salad, Spicy Balsamic Maple Wingz, Yankee Cornbread, Southern Fried Seitan, Mom's Apple Pie, and many more. From coast-to-coast and cover-to-cover, American Vegan Kitchen helps you serve up great homestyle vegan recipes for breakfast, lunch, dinner, and desserts. The book contains 30 full-color photos and helpful icons to bring American comfort food home to your table.

Presents recipes for pies, tarts, and cobblers made without dairy, eggs, or animal products.

Annie and Dan Shannon, the authors of Betty Goes Vegan, are back. In their new book, they show readers how to cook creatively and thriftily with recipes, sidebars, and tips on stocking a pantry and using ingredients creatively. Most recipes result in leftover ingredients and servings that can be reused in multiple ways, reducing waste in your kitchen while keeping your meals fresh and flavorful. Inspired by the recipes and cost-saving techniques used during the Depression and World War II and paying a vegan homage to Julia Child, The Shannons have figured out how to get the most out of what you've already invested so that you can spend less and get more. With recipes like Korean Kimchi BBQ Burgers, Vegan Yankee Pot Roast, Not-cho Everyday Chili Dogs, and Savannah Pecan Pies, MASTERING THE ART OF VEGAN COOKING offers a way to make eating vegan both affordable and delicious.

Ellen DeGeneres' personal chef, Roberto Martin, shares over 125 delicious vegan recipes he's created for Ellen DeGeneres and Portia de Rossi that he hopes will make healthy vegan cooking accessible and easy for everyone. Portia de Rossi explains in her foreword, "Roberto taught me that the key to making good food vegan is substitution ... you can enjoy all your favorite foods and never feel deprived." Some of the standouts Martin, a Culinary Institute of America-trained chef, has developed for Ellen and Portia include: Banana and Oatmeal Pancakes, Avocado Reuben, Red Beans and Rice, "Chick'n" Pot Pie, and Chocolate Cheesecake. Featuring mouthwatering photographs by award-winning food photographer, Quentin Bacon, this cookbook will appeal to die-hard carnivores and vegetarians alike.

Lauren Ulm is a vegan cook whose star is on the rise. She hosts a popular blog that is read by more than 30,000 a day. She's a 2008 Veggie Awards winner from VegNews magazine who has been featured on The Martha Stewart Show, AOL, and the hippest sites on the web, including BoingBoing.net and Etsy.com. Now she delights her blog fans, as well as millions of vegetarian and vegan enthusiasts, with this sophisticated four-color cookbook filled with original and the most beloved meals from her blog. From appetizers to desserts, breakfasts to dinners, as well as holiday-and company-worthy fare, Ulm proves that vegan food doesn't have to be bland food. It's her love (okay, her obsession!) of making vegan foods exciting that is evident in her creations—recipes that are as artistic as they are quirky. With 90 percent of her ingredients available at any grocery store, her recipes are doable for the average person, and range from comfort-food staples like whoopee pies, macaroni, and blueberry cobbler, to foods with a sophisticated flair like mojito cupcakes, daikon noodle salad, and flaky pizza purse tapas appetizers. Stunning photographs and step-by-step instructions make Vegan Yum Yum an essential resource for any vegan kitchen.

[200 Unforgettable Recipes for Entertaining Every Guest at Every Occasion](#)

[Plant-Powered Families](#)

[More Than 200 Delicious, Festive Recipes for Special Occasions](#)

[365 Days of Inspiration for Cooking, Eating, and Living Compassionately](#)

[The Sexy Vegan Cookbook](#)

[How to Stay Vegan in a World That Wants You to Eat Meat, Dairy, and Eggs](#)

[Color Me Vegan](#)

[The Joy of Vegan Baking](#)

[Vegan Pie in the Sky](#)

[Over 100 Kid-Tested, Whole-Foods Vegan Recipes](#)

[Extraordinary Food from an Ordinary Dude](#)

[The Compassionate Cooks' Traditional Treats and Sinful Sweets](#)

[65 Everyday Meal Ideas for Breakfast, Lunch and Dinner with Over 150 Great-tasting, Down-home Recipes](#)

[The 30-Minute Vegan](#)

[American Vegan Kitchen](#)

If you've always loved the idea of meal prepping, but never felt ready to begin, you've come to the right place. *Vegan Yack Attack's Plant-Based Meal Prep* takes the guesswork out of meal planning and sets you up with simple, make-ahead recipes that keep your fridge full and your schedule free. If you're a vegan and frequently on the go, it can be hard to find plant-based options that you not only can eat, but also want to eat. In many cases, preplanning your own meals is both the healthier, and more delicious, option. But it's not always easy to figure out what to make and how to prepare it all. With this cookbook, veteran author Jackie Sobon does all the "figuring" for you, giving you meal plans you can start on Sunday—or whatever day works for you—and use throughout the week. Whether you're cooking for one or for the whole family, you'll find recipes to match all of your needs, from big-batch sauces and soups to simple sheet-pan, Instant Pot, and freezer meals. You'll also find ideas for great car breakfasts and work lunches, along with all the tips and tools you'll need to plan ahead and make your life easier. Recipes include soon-to-be favorites such as: Breakfast Burritos Grain-Free Granola Fajita Pita Pockets Corn Fritter Salad Nacho Potato Bake Farro Brussels Spring Salad Creamy Avocado Tahini Zoodles Snacky Seed Clusters Cinnamon Toast Popcorn Chocolate Peanut Butter Rice Bars With more than 100 recipes and 13 weekly plans (plus Jackie's signature stunning photography), meal prep success is in the bag! Live a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's guide, *Vegan's Daily Companion!* Mondays: *For the Love of Food* – A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully. Tuesdays: *Effective Communication* – Techniques and tactics for speaking on behalf of veganism effectively and compassionately. Wednesdays: *Optimum Health for Body, Mind, and Spirit* – Care and maintenance for becoming and remaining a joyful vegan. Thursdays: *Animals in the Arts: Literature, Film, Painting* – Inspiration across the ages that reflects our consciousness of and relationship to non-human animals. Fridays: *Stories of Hope, Rescue, and Transformation* – Heartening stories of people who have become awakened and animals have found sanctuary. Saturdays + Sundays: *Healthful Recipes* – Favorite recipes to use as activism and nourishment.

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

A new cookbook by the pioneer of delicious gluten-free food offers mouthwatering vegetarian recipes for gluten-free eaters. Whether it's because of food allergies, celiac disease, or dietary preferences, more and more people want to eliminate gluten from their diet. Many are looking for hearty, flavor-packed vegetarian and vegan options to increase their energy and make healthy choices for their families and the environment. At last, Carol Fenster—one of the country's foremost experts on special diets and an author of several popular gluten-free cookbooks—answers the call of a growing market of at-home cooks. In *125 Vegetarian Gluten-Free Recipes*, Fenster applies her proven kitchen prowess to creating quick-and-easy vegetarian recipes that are sensational and healthful. From snacks and appetizers like Baked Kale Chips, to filling dinners like Chili Cornbread Casserole and Eggplant Parmesan Stacks, to decadent desserts like All-American Cherry Pie and Chocolate Brownies, *125 Vegetarian Gluten-Free Recipes* is the perfect addition to any gluten-free kitchen.

"With *Color Me Vegan*, Colleen Patrick-Goudreau takes veganism to a whole new level. This is exactly what people need to eat more compassionately, experience superior health, and enjoy out-of-this-world flavors. Get ready to taste the real rainbow!"—Rory Freedman, author of the #1 New York Times bestseller *Skinny Bitch* "In *Color Me Vegan*, Colleen Patrick-Goudreau makes assembling balanced meals as easy as painting by numbers. With the publication of her third book, Patrick-Goudreau remains one of the most endearing and innovative vegan chefs."—Bryant Terry, author of *Vegan Soul Kitchen* "Taking 'nutrient-dense' to a whole new level, *Color Me Vegan* provides a mouthwatering palette of simple but delectable recipes. We should make a point to eat the rainbow, and this book is the pot of gold at the end that is sure to brighten any diet!"—Dr. Michael Greger, Director of Public Health at the Humane Society of the United States Eat by color for more flavorful meals and extraordinary health! In *Color Me Vegan*,

author and vegan extraordinaire Colleen Patrick-Goudreau brings an edible rainbow of plant-based cuisine to your kitchen table with 150 flavorful recipes designed to boost your health and perk up your palate. With color as the guiding principle behind each section, Colleen shows vegetarians, vegans, and everyone in between exactly how phytonutrients—the most powerful, pigmented antioxidants on earth, found in everything from select fruits and vegetables, to grains, legumes, nuts, and seeds—can be expertly incorporated into your meals for the greatest nutritional punch. From the “Color Me Blue” chapter, for example, you’ll be treated to recipes such as: —Radicchio Fennel Salad with Caper Dressing —Chilled Blueberry Mango Soup —Lavender-Roasted Purple Onions —Eggplant with Dengaku (Sweet Miso) Sauce —Purple Plum Pie with Crumble Topping From sensational starters and salads, to filling mains and sides, to crave-worthy desserts—in every color—each recipe is not just a feast for your stomach, but a feast for your eyes as well!

Company's Coming is pleased to bring you *Meatless Cooking*, the twenty-seventh title in the ever popular series of cookbooks. Drawing from years of experience as a professional caterer and mother of four, Jean Pare guides you into the delicious and nutritious world of meatless cooking. Discover new and imaginative ways to cook up meals your friends and family will love! Try Yogurt Bran Pancakes for breakfast, Black Bean Soup for lunch, or Falafel with Tahini Sauce for dinner. Recipes like Lazy Lasagne and Tamale Pie deliver a tasty new twist on traditional favorites. Each recipe is quick and easy, uses everyday ingredients, and includes informative nutrition information. *Meatless Cooking* brings wholesome new selections to your daily menu. Try it -- you'll like it! Book jacket.

In this book, you will find the latest information about how what you eat affects your health, the environment, and the existence of the animals who share this planet, along with in-depth discussions of ground-breaking work by these internationally respected experts: Heart specialist, Dean Ornish, M.D.; Nutrition scientist, T. Colin Campbell, Ph.D.; Weight loss expert, Terry Shintani, M.D.; Farm Sanctuary founders, Gene and Lorri Bauston; Vegetarian nutritionist, Suzanne Havala, R.D.; Population analysis, David Pimentel, Ph.D.; Mad Cow disease expert, Stephen Dealler, M.D.; Rangeland activist, Lynn Jacobs. *Vegan food is fabulous food, full of flavor and all the nutrients you need. With fun illustrations and a cool, punky sensibility, How It All Vegan! will tempt you to join the Vegan Empire. "Written with sass, style, and a sense of humor. More than just a cookbook. . . ."*—BUST

[Reflections on a Compassionate Life](#)

[Over 200 Delicious Recipes and Tips to Save You Money and Stock Your Pantry](#)

[The New Ethics of Eating](#)

[Decadent \(But Doable\) Animal-Free Recipes for Entertaining and Everyday](#)

[Meatless Cooking](#)

[How to Create a Natural Diet and Lifestyle for Your Child](#)

[101 Recipes to Feed Your Face \[A Cookbook\]](#)

[Delicious Comfort Food from Blue Plate Specials to Homestyle Favorites](#)

[Over 175 Delicious Fat-Free and Low-Fat Vegan Recipes](#)

[Urban Vegan](#)

[Dharma Yoga Life of a Yogi Teachers' Manual](#)

[The Organic Nanny's Guide to Raising Healthy Kids](#)

[The Vegan Slow Cooker](#)

[Weekly Meal Plans and Recipes to Streamline Your Vegan Lifestyle](#)

[75 Dairy-Free Recipes for Cupcakes that Rule](#)

A collection of dozens of dairy-free, vegan cupcake and frosting recipes, written by the co-hosts of Post Punk Kitchen, including Banana Split Cupcakes, Linzer Torte Cupcakes, and Chai Latte Cupcakes. By the authors of *Vegan with a Vengeance*. Original.

A fun and irreverent take on vegan comfort food that's saucy, sweet, sassy, and most definitely deep-fried, from YouTube sensation Toyota of Hot for Food. In this bold collection of more than 100 recipes, the world of comfort food and vegan cooking collide as she shares her favorite recipes and creative ways to make Philly cheesesteak, fried chicken, and mac 'n' cheese, all with simple vegetable-based ingredients. Never one to hold back, Lauren piles plates high with cheese sauce, ranch, bacon, and barbecue sauce, all while sharing personal tips in her engaging and hilarious voice. The result is indulgent, crave-worthy food - like Southern Fried Cauliflower, The Best Veggie Burger, and Raspberry Funfetti Pop Tarts - made for sharing with friends at weeknight dinners, weekend brunches, and beyond.

Get It Ripe is a vegan cookbook for the twenty-first century with an emphasis on holistic living and whole food (i.e. unprocessed ingredients). Jae Steele is a registered holistic nutritionist; she has also been a professional vegan baker and has worked on an organic farm. Her life experiences and her love of vegan whole foods are at the heart of *Get It Ripe*, which not only includes delicious animal-free recipes, but advice and information on various aspects of holistic vegan living, including cleansing and detoxing, yoga and meditation, ethical consumerism, and the connections among mind, body, and spirit. The two hundred recipes include Risotto, Chipotle Black-Eyed Peas with Maple Mashed Sweet Potatoes, Cauliflower Chickpea Curry, Pad Thai, Fettuccini No-Fry, Cinnamon Pumpkin Soup, Banana Cream Pie, and Cowgrrrrl Cookies. Two-color throughout, the book also includes sixteen full-color photographs. Get healthy and energetic with *Get It Ripe*. In addition to being a registered holistic nutritionist, Jae Steele has authored numerous vegan cookzines and runs the blog Domestic Affair. She lives in Montreal.

Presents a step-by-step guide to adopting a vegan lifestyle, describing its health and environmental benefits while counseling everything from stocking a kitchen and preparing vegan foods to understanding how to achieve complete nutrition.

Vegan chef of one of the top 50 food blogs on the Web, HappyHerbivore.com, Lindsay Nixon, gives hundreds of thousands of recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tas

Happy Herbivore Cookbook, each made with no added fats, using only whole, plant-based foods. It's easy to make great food with the fewest number of ingredients and ones that can easily be found at any store, on any budget. The Happy Herbivore Cookbook includes a variety of recipes from quick and simple to decadent and advanced • Helpful hints and cooking tips, from basic advice such as how to cook potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe • An easy-to-use glossary of any ingredients that may be new to the reader • Healthy insight: Details on the health benefits and properties of key ingredients • Suggestions with each recipe to help make menu planning easy and painless • Allergen-free recipes, including gluten-free, soy-free, and sugar-free With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photos, and funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the novice cook will find healthy cooking easy—and delicious!

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 book is for you. You will have a lifetime of recipes and inspiration. These delicious recipes for breakfast, lunch, dinner and every occasion are cholesterol-free, low in saturated fat, and high in fiber and complex carbohydrates. You'll get crowd-pleasing appetizers and main dishes like Mango-Avocado Spring Rolls and Savory Artichoke Squares and family favorites like Vegan Margarita Pizza and Baked Mac and Cheese. 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 less Provides kid-friendly recipes to help you get your kids to eat more nutritious foods Offers detailed information and guidelines on ingredients and special nutritional concerns, and a handy list of important pantry staples • Presents vegan alternatives to restaurant favorites such as Penne with Vodka-Spiked Tomato Sauce, Fajitas Without Borders, Cheezecake with Cranberry Drizzle, Vegan Tiramisu, and Vegan Creams, sorbets, and granitas 1,000 Vegan Recipes is for everyone who is interested in healthy and delicious eating that is also environmentally responsible. Robin Robertson is a twenty-five-year veteran food writer, cooking teacher, and chef specializing in 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 writes regularly at VeganPlanet.blogspot.com.

This exciting, inviting cookbook by veteran author Atlas brilliantly fills the biggest gap in the vegan repertoire with more than 100 recipes for every festive occasion. The author, one of the most respected names in vegetarian and vegan cooking, addresses every holiday: Thanksgiving, Hanukkah, and Christmas--to celebratory brunches, lunches, dinners, potlucks, and buffets.

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

[The 30-Day Vegan Challenge \(New Edition\)](#)

[Vegan Yum Yum](#)

[Maximize Your Nutrient Intake and Optimize Your Health by Eating Antioxidant-Rich, Fiber-Packed, Colorful Foods](#)

[Vegan Cooking for Carnivores](#)

[Over 175 Quick, Delicious, and Healthy Recipes for Everyday Cooking](#)

[Vegan](#)

[Vegan's Daily Companion](#)

[The Ultimate Guide to Eating Cleaner, Getting Leaner, and Living Compassionately](#)

[The Vegan Table](#)

[Colorful Vegan Cakes, Cookies, Tarts, and other Epic Delights](#)

[On Being Vegan](#)

[Autumn Street](#)

[The Ultimate Guide to Eating Healthfully and Living Compassionately](#)

[More than 100 Great-Tasting and Healthy Recipes from My Family to Yours](#)

[The Moosewood Restaurant Cooking for Health](#)

Living with her grandparents in a small Pennsylvania town while her father serves in the Pacific during World War II, sheltered Elizabeth Lorimer encounters racial prejudice when she befriends a young African American boy.

Explains the advantages of a plant-based diet for families with children and offers a collection of family-friendly vegan recipes for breakfast foods, soups, salads, sandwiches, snacks, main and side dishes, breads, and desserts.

Finding plant-based recipes? Easy. Dealing with the social, cultural, and emotional aspects of being vegan in a non-vegan world? That's the hard part. The Joyful Vegan is here to help. Many people choose veganism as a logical and sensible response to their concerns about animals, the environment, and/or their health. But despite their positive intentions and the personal benefits they experience, they're often met with resistance from friends, family members, and society at large. These external factors can make veganism socially difficult—and emotionally exhausting—to sustain. This leads to an unfortunate reality: the majority of vegans (and vegetarians) revert back to consuming meat, dairy, or eggs—breaching their own values and sabotaging their own goals in the process. Colleen Patrick-Goudreau, known as "The Joyful Vegan," has guided countless individuals through the process of becoming vegan. Now, in her seventh book, The Joyful Vegan, she shares her insights into why some people stay vegan and others stop. It's not because there's nothing to eat. It's not because there isn't enough protein in plants. And it's not because people lack willpower or moral fortitude. Rather, people stay vegan or not depending on how well they navigate the social, cultural, and emotional aspects of being vegan: constantly being asked to defend your eating choices, living with the awareness of animal suffering, feeling the pressure (often self-inflicted) to be perfect, and experiencing guilt, remorse, and anger. In these pages, Colleen shares her wisdom for managing these challenges and arms readers—both vegan and plant-based—with solutions and strategies for "coming out vegan" to family, friends, and colleagues; cultivating healthy relationships (with vegans and non-vegans); communicating effectively; sharing enthusiasm without proselytizing; finding like-minded community; and experiencing peace of mind as a vegan in a non-vegan world. By implementing the tools provided in this book, readers will find they can live ethically, eat healthfully, engage socially—and remain a joyful vegan.

Motivated by the simple principle that eating more vegetables, fruits, and whole grains keeps people healthier longer, the Moosewood Collective presents this all-new collection of more than 200 recipes that make whole foods wholly delicious. Moosewood Restaurant's cookbooks have long been an essential resource for creative recipes for home cooks, recipes that make mindful eating an unqualified pleasure. In this latest book, the Collective has carefully crafted recipes that celebrate local and environmentally sustainable food and that reflect the latest thinking on good nutrition. From soups to desserts, the dishes in this book are distinctive, adventurous, and globally inspired. Including plenty of vegan, gluten-free, and raw food options, the book has something to please every taste. Polenta with Greens and Eggs or Whole Grain Pancakes will get the day started right; appetizers such as Chickpea Crêpes and Pineapple Salsa with Blueberries are festive for a casual gathering; and Southwestern Black Bean Burgers are a great choice for a cookout. Tofu, Leek, and Almond Stuffed Portabellas and Quinoa and Collard Leaf Dolmas are elegant choices for a more formal occasion. Desserts like Figs Baked with Chèvre and Pistachios, Chocolate Bark, and Sweet Potato Pie with Pecan-Oat Crust are naturally sweet and packed with nutrients. Each recipe comes with a detailed nutritional analysis as well as menu and serving suggestions. The Collective discusses everything from eating locally to the Glycemic Index, and the ideas and information will prove useful to both new vegetarians and those who grew up cooking with the Moosewood Restaurant. Eating well feels good. Moosewood Restaurant Cooking for Health is all about cooking for pleasure and cooking for health. You can do both!

Yoga is the settling of the mind into silence according to Maharishi Patanjali in his seminal Yoga-Sutras. How to settle the mind and achieve this silence? The Divinely-realized techniques of yoga are the key. Within this book, you will discover the basic theory, philosophy and practices of classical yoga as received by Sri Dharma Mittra from his beloved Guru and refined over his half-century of practice and teaching. Can a book enlighten the mind on its own? No, but this book will without a doubt aid in the process. Om Shanti Om.

Cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In Plant-Powered Families, Burton shares over 100 whole-food, vegan recipes-tested and approved by her own three children. A follow-up to The Happy Herbivore Cookbook shares dozens of recipes that can be prepared quickly from scratch using fresh and readily available vegan ingredients, in a volume that is complemented by notes indicating recipes that are budget-friendly or ideal for preparing ahead of time. Original.

Hereditary Crohn's disease, an intestinal ulceration, a diagnosis of cancer waiting to be confirmed, and debilitating daily pain had knocked McCormick down. When it seemed like she only had two options-- a slow and painful death or a sudden and quick death-- she decided to find a third option. She developed a list of foods that would not only keep her out of her sick bed but also have a positive healing influence on her body. That's when the real healing began. Her book will give hope and solutions to those dealing with similar problems.

[Hot for Food Vegan Comfort Classics](#)

[How I Cooked My Way Out of Chronic Autoimmune Disease and Prevented Cancer with Whole Foods and Healing Recipes](#)

[Vegan Holiday Kitchen](#)

[250 Simple, Sumptuous Recipes from Street Cart Favorites to Haute Cuisine](#)

[125 Gluten-Free Vegetarian Recipes](#)

[Over 175 Quick-and-Easy Fat-Free and Low-Fat Vegan Recipes](#)

[Transform the Way You Eat and Live--One Meal at a Time](#)

[Vegan Yack Attack's Plant-Based Meal Prep](#)

[A Fresh Take on Vegan Cooking and Living](#)

[Quick and Delicious Mouthwatering Dishes for the Healthy Cook](#)

[Vegan Cupcakes Take Over the World](#)

[1,000 Vegan Recipes](#)

[The Joyful Vegan](#)

[How It All Vegan!](#)

[Mastering the Art of Vegan Cooking](#)