

home with a collection of nutritious and delicious dishes from top-rated vegan restaurants around the world. Featuring recipes from many of the world's finest and most popular vegan restaurants, The HappyCow Cookbook shares the history and evolution of each restaurant, provides Q&As with the owners, and teaches you how to make some of their mouthwatering dishes. With entrées like Blackbird Pizzeria's Nacho Pizza, desserts such as Sublime Restaurant's Apple Crumble Pie à la Mode, and drinks such as El Piano's Granada Chai tea, HappyCow fans and newcomers alike will enjoy a selection of international gourmet vegan fare from the comfort of their own kitchens. The HappyCow Cookbook is a must-have guide for vegetarians, vegans, and those who simply want to experience some of the most delicious and healthy food on the planet.

Cheese is the reason why so many people are vegetarians and can't go 100% plant-based. However, you can make delicious plant-based cheeses, like this amazing vegan cheese. If there's one thing that vegans are tired of hearing, it's "I love cheese too much to be vegan!" And with good reason, because there are so many creative, simple, and healthier ways to make cheese, all without the dairy! In this book, you will learn: -How to make Kick-Ass Vegan Cheese -Different Types Of Vegan Cheese -Techniques And Tips To Make Artisan Quality -For Sauces, Soft, Hard, Melted, And More -Make An Amazing Cheese Board For Parties -And Much Much More!

Make any recipe vegan or vegetarian to suit your preference Plant-based cooking means different things to different people. We all come to plant-based eating with different goals in mind. ATK's diverse, modern guide offers foolproof recipes for every occasion that you can tailor to suit your own needs, choosing whether to make any dish vegan or vegetarian. From building a plant-centric plate to cooking with plant-based meat and dairy, you'll find everything you need here to create varied, satisfying meals. The 500-plus recipes are vegan but flexible. You can choose whether to make the Rancheros with Avocado with tofu or eggs, the Farro Salad with Cucumber, Yogurt, and Mint with plant-based or dairy yogurt, the Vegetable Fried Rice with Broccoli and Shiitake Mushrooms with or without eggs, and the No-Bake Cherry-Almond Crisp using coconut oil or butter. ATK's plant-based eating strategy is easy, budget-friendly, and inclusive--cuisines around the world are rich with boldly flavored, naturally vegan dishes. Drawing inspiration from them, these recipes showcase produce, beans and grains, and vegan (and vegetarian) protein sources. The Complete Plant-Based Cookbook is packed with ingenious tips for cooking with plant-forward ingredients and also showcases ATK's practical techniques. Rethink how you use vegetables (blend leeks into a silky pasta sauce, use beets to transform a burger from the "vegan option" into the best option); discover how to boost umami flavor using tomato paste, dried mushrooms, and miso; and more. A thorough opening section delves into the details of modern plant-based eating, addressing shopping and storage strategies, the plethora of plant-based meat and dairy options, and how to meet nutritional needs.

Do you miss that cheesy-bliss that is gotten from eating cheesy pastas, toasted cheese sandwiches, pizzas and other cheesy meals? Here's the good news, you

can maintain the vegan lifestyle and still enjoy several delicious cheese flavors that other dairy cheese-lovers eat. You can have these yummy vegan cheeses wedged into your meals, and giving your vegan taste-buds that needed kick! Vegan cheeses can be as fine as brie, as tasteful as parmesan and as silky as cheddar. You have a wide range of tasty cheese flavors to choose from. In this book you will find... * Classy Vegan Cheese Recipes * Nut-Free Vegan Cheese Recipes * Herbed Vegan Cheese Recipes * Spicy vegan Cheese Recipes * Aged Vegan Cheese Recipes * Meltable, Spreadable Cheese & Cheese Dip and more. This book contains 70 delicious vegan cheese recipes that are easy to read, easy to understand and easy to make. Written with a simple step by step approach that will make vegan cheese making a smooth ride for you.

Embrace the ancient healing power of plants with more than 100 whole-food, plant-based, gluten-free herbal recipes, designed around the most common health concerns of modern women. Did you know you have access to the most potent, sophisticated, and scientifically-proven apothecary cabinet--right in your own kitchen? Plants, specifically herbs and spices, have been used for centuries among holistic healing traditions around the world to promote health, longevity, and beauty. And as more people become afflicted with chronic stress-based conditions, from inflammation and food allergies to anxiety and depression and menstrual irregularities, a whole new generation is rediscovering nature's power for long-term wellness. In *Root & Nourish*, wellness experts Abbey Rodriguez and Jennifer Kurdyla teach women how to incorporate herbalism into their busy lives to restore and maintain their unique state of health. Expanding the herbal repertoire beyond teas and tinctures to include wholesome breakfasts, satisfying mains, indulgent desserts, and, yes, a full menu of teas and beverages for day and night, it's the first cookbook of its kind to pair everyday herbal cooking with women's health concerns--specifically related to digestion, mental health, and female reproductive hormonal health. As you come to learn which herbal ingredients offer you the nourishment you need, whether in the moment or to support chronic conditions, you'll curate an evolving personal herbal apothecary that will serve you for a lifetime. Alongside these affordable, seasonal, and sustainable recipes, *Root & Nourish* features mindfulness and holistic lifestyle practices drawn from yoga and Ayurveda that will help incorporate wellness into every part of the day. Once you discover how good you feel when you eat the right foods, at the right time, and in the right way, you will understand your body--and yourself--as you never have before: the way nature intended. Have you struggled to lose weight or just want to become healthier and improve your life? I know I did. Just a few years ago, I lost over 50 pounds of fat and totally transformed my life. This led me on a quest of seeking knowledge about all things health and wellness, and my research led me to learning about the Ketogenic diet, along with the benefits of being Vegan! I discovered many different recipes and meals that helped me with adopting this healthy awesome lifestyle, and I put them all into this book, and now I hope that these can empower you!

The Vegan Keto Cookbook is a delicious and clear combination of choices with the carbs and fats provided. Working with so many different styles of cooking while on a vegan diet can become hectic, but this huge collection of over 190 recipes will set you on a path which you will want to continue for years to come using your new keto recipes! You will want to use these over and over again, with delicious recipes ranging from vegan keto pancakes to delicious vegan keto snacks. With an entire array of totally different recipes, you surely won't be disappointed. This cookbook is literally chalk full of delicious recipes. These are just a few of the selections you will learn about: Green Coffee Shake Cinnamon Roll Muffins Zucchini Cauliflower Fritters Avocado Chocolate Mousse Mexican Chocolate Avocado Ice Cream These Ketogenic meals are carefully selected with a Vegan in mind. With all of the healthy benefits you receive, it's clear why a vegan style of eating is gaining popularity! Join the league of thousands of satisfied customers and try some of these decadent recipes for yourself! Scroll up and click the BUY NOW button and order this book today! The new YOU is waiting!

A revolution has begun... From a creative team that includes the producer and writer of Forks Over Knives, the documentary film PlantPure Nation captures the inspiring story of plant-based nutrition's impact on a small town in the rural South and the effort to bring about historic political change. As the film's official companion cookbook, The PlantPure Nation Cookbook brings this powerful, science-based approach to nutrition from the big screen to your kitchen with some of the same mouthwatering recipes that kick-started the revolution, promoting the health benefits of a whole food, plant-based diet. Author Kim Campbell is the wife of PlantPure Nation Executive Producer and Director Nelson Campbell and daughter-in-law of Dr. T. Colin Campbell, coauthor of The China Study and father of the modern plant-based nutrition movement. She is also a culinary contributor, recipe developer, and cooking instructor at Campbell Wellness, a health and wellness business. In PlantPure Nation Cookbook, she shares more than 150 extensively tested, 100% plant-based recipes that she has created and cultivated over 25 years of vegan cooking, such as: Buffalo Beans and Greens No-Bake Chocolate Pumpkin Pie Spinach Lasagna Green Pepper Tofu Scramble Reuben Casserole With a foreword by Dr. Campbell, The PlantPure Nation Cookbook is also filled with tips, tricks, and grocery lists for people interested in a whole food, plant-based diet. And with intimate background and behind-the-scenes details from PlantPure Nation film, this companion cookbook is a must-have for stimulating healthful eating in your home. Join the revolution to jumpstart your health!

It's hard satisfying children's cravings these days as they are increasingly exposed to fast food, junk food, unhealthy snacks and soft drinks. An unhealthy diet is bad for the brain and places a lot of stress on the immune system. Cooking and Kids: A Healthy Vegan Cookbook with 25 Recipes Kids Love is loaded with delicious meals that kids go crazy for. The recipes are also packed

with nutrients and are completely vegan. This is a fun way to experience veganism with your kids and it may even stick for life! This book is the gateway to healthy, wholesome, kid-approved meals—which they can make along with you and with enough practice, they can make them all on their own! In this kids cookbook (quite suitable for adults as well), renowned author of “Herbal Medicine for Everyone: The beginner's guide to healing common illnesses with 20 Medicinal Herbs” and “20 Amazing Lotion Bars: How to Make Beautiful and Organic Lotion Bars With Ease!,” Serena Day, brings parents everything they need to win the hearts and minds of their kids with some of the most delicious meals ever imagined. In addition they are recipes that the whole family can join along in making together! Kids can become exceptional chefs, they simply need your help in building confidence cooking. You can use this guide with your kids to help them build the valuable skills they need to live a healthy and happy vegan lifestyle. They will gain expertise as the recipes progress from easy to medium to hard. With “Cooking and Kids: A Healthy Vegan Cookbook with 25 Recipes Kids Love” you’ll get:

- A Vegan Mom’s Guide to Fun and Healthy Meals for the Kids overviews the main issues around what it really means to be vegan and why vegan meals for kids can be just as fun as non-vegan alternatives.
- Ideas for Feeding a Vegan Child outlines some of the best ways to approach teaching our kids why eating as a vegan is so great. It also discusses things like calories, nutritional considerations and how kids can explain their diet to friends without getting made fun of.
- 21 Kid-Friendly Ideas and Recipes to Get Kids Loving Vegan Foods is packed full of loads of amazing ideas that really work when it comes to endearing kids to the appeal of a vegan diet and lifestyle.
- 25 Recipes Kids Love for breakfast treats like Blueberry Blast Banana Bread, healthy snacks like Smashed Silly Face Guacamole, family dinners like Lasagna Rollups, and yummy desserts like Peanut Butter Surprise Brownies. Watch and be amazed as we drive our kids crazy with some delicious new meals that are incredibly healthy, fun and exciting. It’s also time to work with our kids and teach them how to become skilled and talented chefs in the kitchen using the fun and delicious recipes from Cooking and Kids: A Healthy Vegan Cookbook with 25 Recipes Kids Love.

Delicious Recipes That you can make for \$10 or Less this Summer Some people think that a good vegan diet has to be made with hundreds of dollars. But in this book you'll learn how inexpensive and Fast it can be to make delicious Plant based foods from the comfort of your home. In this book, you will get a vast amount of entirely plant based protein with other nutrients that you can enjoy, vegan or not. This book FAST AND EASY CHEAP PLANT BASED RECIPES includes an array of saucy, creamy and crispy creations. Each Recipe in this book is made high quality, cheap and accessible ingredients. It also uses a simple format that makes cooking fun and easy. This book includes Delicious Snacks Appetizers Salads Stews Soups Sides And Dozen of Robust main meals that are cheap to prepare. The Recipes are also Freezer Friendly One pot And

Make ahead meals Whether you're a seasoned vegan cook or you're looking to expand your repertoire of plant based meals, this book got you covered. In the book, **NATURAL AND CREAMY VEGAN CHEESE** you will learn the secrets for making soft cheeses that you can grate, or slice. The cheeses in this book has many spreadable options which include vegetables, nut milks, lemon juice, probiotics, nutritional yeast and agar-agar. They are also enhanced with spices and herbs. They are real replacement to classic cheese. In the book, you will learn about A fool proof introduction to vegan cheese making: that makes use of ingredient prep, storage tips and best practices Recipes that uses affordable and doable ingredients Like cultured butter; cultured raw buttermilk; cultured cashew-based creams 30 New and Classic vegan cheeses for soft cheese, hard and aged cheeses, fermented and cultured cheese, semi hard pressed cheese, cheese spreads and sauce.

The ultimate guide to protein-packed, nut-filled vegan recipes! If you think nuts are just for snacking, get ready to have your world rocked! One of the most nutritious, protein-packed staples of a plant-based diet, nuts can be used in limitless ways to create satisfying meals full of hearty flavor. From main courses, to snacks and drinks, to desserts and cheeses, nuts are used as the main building block of so many delicious vegan recipes. **Vegans Go Nuts** explores the many ways to cook and bake with nuts, using only vegan ingredients. From the usual suspects such as cashews and peanuts, to more underrated nuts and seeds like hemp and hazelnuts, you'll start by learning to make the essentials - nut and seed milks, butters, and flours. Accomplished authors Celine Steen and Joni Newman will show you just how versatile this staple food can be in your plant-based diet. Go nuts with 100 vegan recipes, including: Peanut Butter Farina Hazelnut Chocolate Chip Muffins Basic Chickpea Cashew Omelet Hawaiian Macadamia Tacos Simple Nutty Cheese Nut Butter Roasted Cauliflower Pistachio Orange Beet Pilaf Rocky Road Pie Make nuts the inspiration of your meal, instead of just an afterthought, with **Vegans Go Nuts!**

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 245 photographs and illustrations - mostly color. Free of charge in digital format on Google Books

In the book, **Plant based diet detox cookbook**, you will find Daily meal plan - to help you start and keep the new eating plan Easy, fast and Health Recipes - includes salads, breakfasts, main dishes and salads including key nutrient information. This Cookbook will show you how simple it can be to prepare balanced, delicious plant based recipes made with fresh and whole foods in 30 minutes or less. **Plant based cookbook basics** - diet and essential kitchen tools and ingredients for cooking. In the book, **NATURAL AND CREAMY VEGAN CHEESE** you will learn the secrets for making soft cheeses that you can grate, or slice. The cheeses in this book has many spreadable options which include vegetables, nut milks, lemon juice, probiotics, nutritional yeast and agar-agar. They are also enhanced with spices and herbs. They are real replacement to classic cheese. In the book, you will learn about -A fool proof introduction to vegan cheese making: that makes use of ingredient prep, storage tips and best practices-Recipes that

uses affordable and doable ingredients Like cultured butter; cultured raw buttermilk; cultured cashew-based creams -30 New and Classic vegan cheeses for soft cheese, hard and aged cheeses, fermented and cultured cheese, semi hard pressed cheese, cheese spreads and sauce.

You're never too young to change the world Do you want to help animals but are not sure how? Or maybe you are already helping animals and want to do more. Whether you're seven years old or seventeen, *Saving Animals: A Future Activist's Guide* — a lively, interactive, hands-on guide to animal and environmental activism for young people of all ages — will show you how This timely book covers all aspects of animal protection — from pets to farm animals to wildlife — as well as how to make the world a better place for animals through vegan outreach, animal advocacy, and volunteerism. Whatever your personality, skillset, or age, you'll find something in this book to inspire you. In addition to information on why animal protection is vital for all living beings as well as our planet, this book is filled with the interviews and stories of more than two dozen young activists, ranging in age from seven to twenty-two, all of whom are doing amazing things to help create a kinder world. You'll learn how fun and easy it is to be vegan, discover what kinds of outreach will best fit your style, and find hope for a better future. "We may be young, but we're also powerful. People will see us speaking up for animals and will realize that they, too, can make positive changes. Our voices will be heard." --Emma Black (14), Wollongong, Australia

The definitive guide to nondairy milks—the first comprehensive cookbook demystifying milk alternatives—here's how to make and customize all types of vegan milks, with one hundred delicious recipes and handy comparison charts, tips, and guidance for choosing the right dairy-free milks for cooking and baking. Got (non-dairy) milk? Whether you're paleo, vegan, lactose intolerant, kosher, or just plain adventurous in the kitchen, your non-dairy options now encompass far more than soy, coconut, and almond milks. Consider grain milks, such as oat and amaranth; nut milks, such as cashew and hazelnut; and seed milks, such as sunflower and hemp. Which ones bake the best biscuits? Complement your coffee? Make your mashed potatoes as creamy as mom's? *The New Milks* has the answers. *The New Milks* is the first bible of milk alternatives, helping you prepare, select, and cook with all varieties. With helpful charts comparing the texture, nutritional content, taste, and best uses for each milk, plus one hundred flavorful recipes, cooking and baking with non-dairy milks has never been easier! The first section of the book provides instructions for making an incredible range of non-dairy milks, followed by suggestions for use. Then, dive into recipes for breakfast, lunch, and dinner; sweets and breads; and smoothies and drinks. Each recipe calls for the ideal type of non-dairy milk, and most list alternates, so you can tweak them for your dietary needs and taste preferences. From "Buttermilk" Almond Waffles with Warm Berry Agave Sauce, to Mexican Chocolate Pudding, to Avocado-Basil Smoothies, every recipe is dairy-free, all but two are kosher, the vast majority are vegan, and most are gluten-free. Who needs the milkman when the alternatives are so much fun?

Vegan books have risen to a dominant sales position in the vegetarian category. One-dish meals are perennially popular on American tables, and books devoted to one-dish cooking perform well. Robin Robertson's *One-Dish Vegan* is the first book at the intersection of these two powerful cookbook categories. Robin Robertson has built a

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

A diverse and delicious collection of over 250 vegan recipes from the experts at Vegetarian Times magazine. Whether you're vegan for a day, a week, a lifetime, or even just for lunch hour, you're always on the lookout for deliciously satisfying animal-free recipes. Vegetarian Times Everything Vegan is the something-for-everyone vegan cookbook with hundreds of tasty, healthful recipes that can woo even omnivores to the possibilities of plant-based eating while wowing committed vegans and vegetarians. Beautifully illustrated and accompanied by a thoughtful and informative foreword by Neal D. Barnard, MD, Vegetarian Times Everything Vegan is a must-have resource for anyone who lives vegan, loves cooking, or is looking for healthy meal ideas with proven weight-loss benefits. Inside, you'll find:

- 250+ easy, healthful recipes with nutrition information
- 50+ beautiful full-color photos
- Features, tips, and sidebars that provide helpful hints on food shopping, prepping ingredients, and speeding up cooking times

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.

Long-term health benefits & a healthy, natural weight loss, which is sustainable for lifetime is now easy to achieve with Plant China Study Diet, which is based on wholesome plant foods. All the recipes are full of healthy carbs, it contain no added fat and little or no added salt & minimal use of sweetening agents. Plant Based China Study Diet includes whole grains, fresh fruits, vegetables, legumes, nuts, and seeds to get the maximum nourishment. Eating whole foods, at least 90% from plant-based sources, generally lowers the risk of contracting heart disease, cancer, and a host of other lifestyle illnesses. Enjoy the amazing, tasteful incredibly easy Plant Based China Study Diet recipes & stay slim & slender, full of energy & vibrant.

Long regarded as the missing link in the plant-based world, vegan cheese has come home to Main Street! With more than 125 recipes for every cheesy craving, John Schlimm has you covered from breakfast to lunch to a hearty dinner with family and friends. From easy recipes for everyday cheeses (including Cheddar, Swiss, mozzarella) to ultimate comfort food like Mac 'n' Cheese, Cafe Broccoli & Parmesan Quiche, Triple Your Pleasure Fondue, and the Cheesecake Extravaganza, you can include in all your cheesy favorites ... with none of the dairy.

If you WONDER about how to FOLLOW the VEGAN KETO DIET and a HEALTHY LIFESTYLE, then THE VITAL VEGAN KETO COOKBOOK is your answer. You can GET the BEST of BOTH the DIET. VEGANS can REACH KETOSIS by RELYING on HIGH FAT,

PLANT-BASED PRODUCTS & TRAIN your BODY to BURN FAT more EFFICIENTLY and SPEED UP your METABOLISM without RESTRICTING CALORIES. If you're STRUGGLING to LOSE those LAST 5 POUNDS-this fat-fuelled KETO VEGAN DIET can be your BEST CHOICE. This is a NUTRIENT-DENSE, NUTRITION PLAN SOURCED from WHOLE, NATURAL FOODS that are ROOTED in HEALTHY FATS with PLANT-BASED PROTEINS that are LOWER IN CARBOHYDRATES. In this eBook THE VITAL VEGAN KETO COOKBOOK you will LEARN everything you NEED to BEGIN the VEGAN KETOGENIC DIET. Plus EASY yet TASTY RECIPES with NUTRITIONAL INFO, EASY-TO-FOLLOW WEEKLY MEAL PLAN, SHOPPING LIST, and TIPS AND TRICKS for getting STARTED and STAYING ON TRACK. Achieving optimal HEALTH and WEIGHT LOSS by EATING a ratio of HEALTHY FATS and PLANT-BASED PROTEINS is EASY with this VITAL VEGAN KETO COOKBOOK! Everyone can enjoy another great new year of the best new recipes, tastings, and testings handpicked by the editors of America's Test Kitchen This annual best-of-the-best collection of recipes, tastings, and testings has once again been carefully selected from the hundreds of recipes developed throughout the last year by the editors of Cook's Illustrated and Cook's Country magazines and from the new cookbooks Foolproof Fish, Cooking for One, The Complete One Pot, The Complete Plant-Based Cookbook, and Toaster Oven Perfection. The 2022 edition offers a wide array of everyday-to-sophisticated and globally inspired recipes such as Horiatiki Salata (Hearty Greek Salad), Mumbai Frankie Wraps, Beef Wellington, and Herbed Lamb Shoulder with Fingerling Potatoes and Asparagus. As is traditional, the book ends with a chapter of impressive desserts including Chocolate-Espresso Tart, Peach Zabaglione Gratin, and Nutella Rugelach. All of the year's top ingredient tastings and equipment testings are also included.

Dining together is a great way to foster a relationship, but many vegans find themselves in conflict with partners, family members, or friends who don't share their dietary persuasion. If those vegans are lucky, their loved ones will be happy to share meatless dishes and won't mind postponing a steak or chicken dinner until they eat out. More often than not, however, both vegans and meat eaters are forced to accommodate each other in the confines of the same kitchen. The emotions stirred by their contrary diets can heat that kitchen to the boiling point. Enter cookbook author, fitness trainer, and kitchen referee Ellen Jaffe Jones. With an abundance of tips for dealing with the many common food fights that arise in such living arrangements, Ellen dishes up sage advice for how to restore harmony, peace, and joy in divergent food relationships. Her mouthwatering recipes include delicious vegan alternatives to conventional dishes typically based on meat or dairy products. This is hearty fare even a diehard carnivore will love. Ellen also provides recipes for versatile meatless main dishes that nonvegan diners can add meat to or enjoy as side dishes. Ellen offers anecdotes and coping ideas gleaned from her cooking classes and social media groups, and from other vegans who have spent years living in a kitchen divided. She demonstrates that it's not only possible to survive but thrive when a challenging living arrangements puts different eaters at odds. The world's most comprehensive, well documented and well illustrated book on this subject. With extensive subject and geographical index. 234 photographs and illustrations - mostly color. Free of charge in digital PDF format on Google Books

Vegan cheeses that taste like the real thing—but healthy—made with nuts, seeds, tofu, or vegetables. Don't be intimidated by the idea of making cheese?vegan cheese is simple and straightforward, with clean, basic ingredients. Green-lifestyle expert Jules Aron shares the tricks of the trade for making sauces, cheese you can grate or slice, and soft spreadable options, using homemade nut milks, vegetables, and natural helpers like lemon juice, probiotics, agar-agar, and nutritional yeast. Not a nut lover? No problem, Jules Aron has you covered. Don't eat soy? Don't worry, there's something here for everyone. From mild and creamy Bries to sharp and firm Cheddar, you'll fall in love with eating well—and it's easier than

you think! "Even the most luxurious-sounding cheeses described here, such as a maple fig double cream or a baked feta, are easy to make at home with the instructions provided." (Publisher's Weekly, starred review) "Jules Aron takes the mystery out of making dairy-free cheese." (PETA)

The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive index. 28 cm. Free of charge in digital format on Google Books.

Vegan Cuisine provides over one-hundred vegan recipes to tempt your pallet. Additional information and suggested resources help you understand the importance and benefits of a plant-based diet. Meanwhile, recipes are supplemented with stories, anecdotes, and cooking tips that will curl your lips into a smile and bring back your own sweet memories of days gone by! Weekly and monthly meal plans plus an easy to use grocery shopping list further assist you on your journey to healthier eating!

100 recipes, meal plans, and tactics for success! Certified nutritionists and authors Aimee and Richard will teach you the healthiest and most sustainable way to enjoy the ever-popular ketogenic lifestyle. The Keto diet continues to grow in popularity as people across the country are learning more and more about it. However, there is conflicting research regarding the safety of consuming unlimited amounts of items such as bacon, cheese, fatty cuts of meats, and fried pork rinds. A large percentage of Keto dieters find the 70–80 percent fat intake requirement unsustainable, and even worrisome due to potential health implications. Many people are curious about the Keto lifestyle, given the weight loss results they hear about from others, but will not attempt the diet as the fat intake requirement sounds daunting! Almost Keto will provide a formal, lower fat, higher fiber, higher micro-nutrient nutrition plan while still employing cleaner keto-approved foods. It will help readers yield positive weight loss and blood sugar level results while providing a more sustainable and healthier lifestyle. A practical how-to guide with nutrition education (cited with studies), Almost Keto also provides over 100 recipes that incorporate keto-approved foods. Nutritionist Aimee Aristotelous will teach you everything you need to know (and more), including: Explaining the different types of Keto and the principles and foundation of the diet Niche Keto foods to know and what to eliminate Debunking mainstream dietary myths Provide sample meal plans, even including vegan and plant-based options How to prevent or treat Type 2 Diabetes with food Offer dozens of delicious, Keto-friendly recipes you'll want to try immediately Who says vegans can't have macaroni and cheese? In this inspiring volume by best-selling vegan author Robin Robertson, you will find more than 50 awesome plant-based recipes for deeply flavorful dishes that take this timeless comfort food in exciting new directions. Like most people, chances are you've eaten a lot of macaroni and cheese in your life. If you're new to a plant-based diet, you might be wondering if you can still enjoy this comforting meal. You'll be happy to know the answer is "Yes!" Robin shows you how to make what she calls Mac Uncheese—rich, delectable pasta dishes featuring vegan cheese sauces that start with plant milks, vegetables, and nuts as their base ingredients. Using these sauces—or, if you prefer, using store-bought vegan cheese—you can make many

tempting variants of the cheesy pasta dish, from the familiar and homey, such as Mom's Classic Mac UnCheese, to the globally adventuresome, such as Indian Curry Mac or Salsa Mac and Queso. An entire chapter is devoted to veggie-loaded mac and cheese dishes, like Buffalo Cauliflower Mac, Arugula Pesto Mac UnCheese, or Smoky Mac and Peas with Mushroom Bacon. Another chapter serves up meatless mac and cheeses made meaty with lentils, jackfruit, mushrooms, and more. And, for delicious fun, there are recipes for Mac and Cheese Balls, Mac 'n' Cheese Pizza, Waffled Mac and Cheese, and Cheesy Mac Muffins. In addition to the recipes, Vegan Mac and Cheese features lists of toppings, add-ins, and other ways to be creative with these plant-based mac and cheese recipes, which will warm your soul all year long.

The Dairy-Free Kitchen contains 100 delicious recipes for the foods you love, without the dairy. It also provides you with a wealth of information on weeding out hidden dairy in everyday foods and getting adequate levels of calcium and minerals from a dairy-free diet. You'll learn how to make dairy-free milks, creams, butters, cheeses and yoghurts at home, as well as delicious dairy-free recipes for mac n' cheese, pizza and milkshakes.

The first title in Down East Books' 'Best Maine Food' series, this inspirational cookbook proves that good food fosters good health. When conventional medical treatments couldn't stop Meg Wolff's breast cancer in 1998, doctors told her to prepare her soul. Instead, she began a diet based on whole grains, vegetables and beans - and started getting better. Now vibrantly healthy, Meg is living proof that changing your diet can indeed save your life. This cookbook is full of Meg's easy, delicious recipes and information to help inspire readers to eat better, and live better. Contains recipes from a variety of contributors including NBA great John Salley and Dr. Neal Barnard, head of the Physicians for Responsible Medicine.

Clean Eating Lifestyle ----- Plant based diet and nutrition: Millions of people have turned to a plant-based diet for the sake of both themselves and the planet. Now, tens of thousands of people have put down their knives in favor of a vegan or vegetarian diet for weight loss or to control blood pressure and cholesterol. Not-so-healthy carnivore to healthy clean eating vegan: Author Alice Mary Alvarez shares her journey from not-so-healthy carnivore to urban homesteader who turned her health around and contributes to a healthier planet as well. This utterly unique vegan cookbook offers over 100 easy-to-make vegan recipes and many basic woman eco-warrior and plant-powered cook recipes. Alvarez shares her green-living methods and cooking techniques as well as sage advice about food and nutrition. Eating your veggies is essential to good health, especially for families and children. Growing the organic veggies you eat is even better! Living vegan and going green tips and tricks: As instructive as it is inspiring, this book is brimming with excellent information about avoiding unhealthy food additives and the importance of eating clean and getting educated about your diet. It is also packed with tips and tricks for living vegan and making sure your home and

clothing are cruelty-free. Going green and vegan is easier than you think and this book offers a year's worth of ideas, yummy recipes and ways you can create a sustainable life. More than just a cookbook, *Vegans Save the World* is necessary reading for anybody considering a vegan lifestyle and a must-have for veggie families with children.

Discover how to shed old thinking patterns—and live more joyfully with food. Are you ready to get to the roots of your challenges around food—whether it's gratuitous snacking, compulsive or emotional eating, indulging cravings, overeating, or other disheartening habits? Be ready to get mindful. Mindfulness can be the deciding factor between your successful adoption of a healthy vegan diet and repeated frustrating attempts. This simple technique goes under the surface of what is hampering your happiness, providing a sought-after solution to many of life's ups and downs by rewiring your reactivity to challenges. Certified mindfulness meditation facilitator, award winning health educator, and longtime vegan advocate Lani Muelrath has been practicing mindfulness meditation for 25 years. In *The Mindful Vegan*, she teaches you how to practice mindfulness and shows how it can bring freedom and a new joy to your eating—and living—experience. Backed by extensive research, with step-by-step instructions, personal stories, positivity, humor, and a handful of delicious recipes, *The Mindful Vegan* will help you emancipate yourself from the stranglehold that mindless and compulsive eating have on your weight, health, food choices, and, most of all, peace of mind. With Lani's guidance, you'll learn the techniques of mindfulness meditation, opening the door to creating a more resilient vegan lifestyle. You'll discover why eating in a way that lines up with your convictions about health, the environment, and ethics reduces stress and increases happiness. *The Mindful Vegan* sets you on a path to cultivating your capacity for genuine happiness and a more peaceful life--in a way that is personally satisfying and aligned with your deepest values. This book is for anyone who wants to be free of frustrating and baffling eating behaviors, experience a new ease around eating, and discover their naturally healthy body and weight. Stop stressing. Start living—and eating—mindfully. Your body and mind will thank you.

The Super Easy Vegan Cheese Cookbook offers the simplest, no-fail recipes for the taste, texture, and cheesiness you crave. Vegan cheese making has come a long way from hard-to-find ingredients and specialty equipment. In the *Super Easy Vegan Cheese Cookbook*, you'll find the easiest recipes to make rich and creamy homemade vegan cheeses--and rival traditional cheese in any taste test. From Zesty Dijon Cheddar to Roasted Garlic Pistachio Cheese, this vegan cheese cookbook serves up plant-based alternatives to classic cheeses along with new favorites using nuts, coconut, and even cauliflower. Requiring nothing more advanced than a blender and using few, easy-to-find ingredients, the *Super Easy Vegan Cheese Cookbook* has everything you need to bring the craft of cheese making to your kitchen. *The Super Easy Vegan Cheese Cookbook* includes: A fool-proof introduction to vegan cheese making that outlines basic

ingredients, kitchen set-up, pantry staples, ingredient prep, best practices, and storage tips. Easy recipes that use staple ingredients and equipment to make homemade vegan cheese affordable and doable. 75 classic and new vegan cheeses for cheese sauces and spreads, soft cheese, semihard pressed cheeses, hard and aged cheeses, and fermented, cultured cheeses. Enjoy your favorite cheeses--and make them too--with the simple, straightforward recipes from the Super Easy Vegan Cheese Cookbook.

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