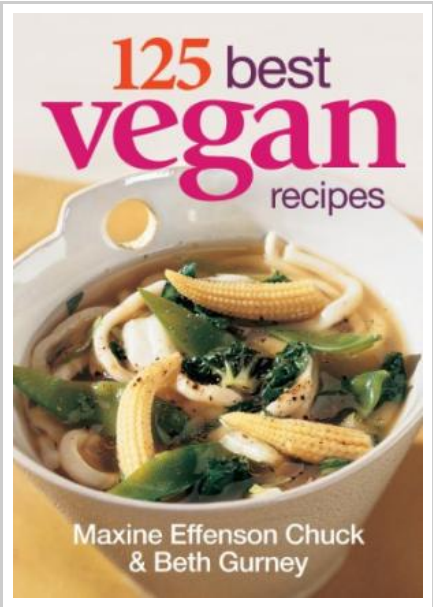

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125 Best Vegan Recipes

By Beth Gurney, Maxine Chuck

Firefly Books Ltd. Paperback. Book Condition: new. BRAND NEW, 125 Best Vegan Recipes, Beth Gurney, Maxine Chuck, "Delicious easy-to-prepare vegan recipes." The vegan lifestyle is becoming more and more popular. There are many different reasons for not eating meat, milk, or eggs. Yet all vegans desire tantalizing dishes and meal ideas. 125 Best Vegan Recipes offers appealing recipes for everything from soups, salads and wraps, to pasta and grains, and desserts and baked goods. Many families have at least one adolescent vegan and need kid-friendly recipes the whole family will enjoy. Far from the mundane, these creative recipes have an international flair, are easy to execute, and guarantee delicious results every time. Here's just a sampling: Spicy Black Bean Dip Hot and Sour Udon Noodle Soup Corn Meal Waffles with Wild Blueberry Compote Penne with Sauted Mushroom Marsala and Caramelized Onion Spaghetti and Soy Meatballs Pistachio Biscotti Cranberry Orange Scones. Besides the outstanding recipes, there is also nutritional information helpful to the vegan lifestyle. To aid in meal planning and preparation, there is a useful vegan pantry list with freezer recommendations. For vegans or even those considering the vegan lifestyle, this cookbook is vital.

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