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SINGH KAILEY

Penguin

Husband-wife team Dana and John Shultz founded the Minimalist Baker blog in 2012 to share their passion for simple cooking and quickly gained a devoted following of

millions worldwide. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Each recipe requires 10 ingredients or fewer, can be made in one bowl, or requires 30 minutes or less to

prepare. It's a totally no-fuss approach to cooking that is perfect for anyone who loves delicious food that happens to be healthy too. With recipes for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts, Simply Vegan will help you get plant-based meals that

everyone will enjoy on the table in a snap, and have fun doing it. With essential plant-based pantry and equipment tips, along with helpful nutrition information provided for each and every recipe, this cookbook takes the guesswork out of vegan cooking with recipes that work every time.

Vegan Cookbook: 101 Delicious, Everyday Soup, Salad, Main Dish, Breakfast and Dessert Recipes the Whole Family Will Love!: Healthy Veg Penguin UK

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.

Well-loved Recipes from My Natural Foods Kitchen Page Street Publishing

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 [200 Delicious Recipes for Plant-Based Comfort Food](#) The Experiment

The creators of the New York Times bestselling cookbook series Bad Manners are back to deliver you the not-so-gentle but always hilarious shove you need to take the leap into healthy eating (previously published as Thug Kitchen 101: Fast as F*ck). Bad Manners: Fast as F*ck includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. They hold your hand and explain ingredients from chickpeas to nooch so you'll feel confident knowing exactly what the f*ck you're cooking. This kickass kitchen primer also serves up health benefits and nutrition to remind everyone, from clueless newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and

pocketbooks. THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? Bad Manners is here to fix that sh*t: All recipes in Fast as F*ck are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumble home from work. You're too damn important to be eating garbage, so Bad Manners has made it easy to take care of #1: you. No needless nonsense or preachy bullsh*t. Just delicious, healthy, homemade food for all the full-time bosses out there.

One Pot Vegan Vegan Diet

An essential collection of hassle-free, vibrant vegan recipes, from the author behind Food52's wildly popular The New Veganism and Vegan Lunch columns. Omnivore or vegan (or anywhere in between), we're all looking for memorable, flavorful dishes to cook for ourselves and the people we care about. If those recipes happen to be healthful, nourishing, and friendly to vegetarians and vegans, even better. With her wildly popular New Veganism column on Food52, Gena Hamshaw has inspired home cooks to

incorporate plant-based recipes into their everyday routine—and even gained some nutritional yeast and cashew cheese converts. This vibrant collection of all-new recipes plus beloved favorites from the column—along with exquisite photography and helpful tips throughout—will show all of us innovative ways to cook with fresh produce and whole foods. From Savory Breakfast Polenta to Cauliflower and Oyster Mushroom Tacos to Ginger Roasted Pears with Vanilla Cream, these recipes are delicious, dependable, and deeply satisfying. Cook from this book just a couple of times and you'll soon find yourself stocking up on coconut oil, blending your own nut milks, seeking the sweetest tomatoes at the market, and looking at plant-based dishes in a whole new way.

The First Mess Cookbook Rockridge Press

Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In Isa

Does It, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

Amazingly Easy, Wildly Delicious Vegan Recipes for Every Day of the Week
Penguin

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of *Isa Does It* "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of *The Sprouted Kitchen* A self-trained chef and food photographer, Angela Liddon has

spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The *Oh She Glows Cookbook* also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes

free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

[Love and Lemons Every Day](#) Voracious

More than 100 utterly simple, crazy-delicious vegan recipes that satisfy cravings all day, everyday, from YouTube guru and bestselling author of *Vegan Comfort Classics* Lauren Toyota. "I'm really looking forward to whipping up all of the delicious vegan meals in hot for food all day." —Jillian Harris, bestselling co-author of *Fraiche Food*, *Full Hearts Buffalo* chicken crunch wraps. The "spiced" grilled cheese. Stuffed breakfast danishes. Tokyo street fries. These are some of the totally tastebud-pleasing dishes that are within your reach in hot for food all day, a collection of Lauren's mind-blowing recipes for breakfast, lunch, dinner, and everything in between. With her signature bold style, Lauren guides you, step by step, through her favorite everyday dishes, using tips and tricks to level up leftovers, saving you from eating the same

thing twice. Filled with drool-worthy photography for every recipe, as well as tasty ideas for entertaining and getting your snack on, Lauren shows why she's still hot for food, all day.

Isa Does It Time Home Entertainment Recipes, tips, and strategies for easy, delicious vegan meals every day of the week, from America's bestselling vegan cookbook author. How does Isa Chandra Moskowitz make flavorful and satisfying vegan meals from scratch every day, often in 30 minutes or less? It's easy! In *ISA DOES IT*, the beloved cookbook author shares 150 new recipes to make weeknight cooking a snap. Mouthwatering recipes like Sweet Potato Red Curry with Rice and Purple Kale, Bistro Beet Burgers, and Summer Seitan Saute with Cilantro and Lime illustrate how simple and satisfying meat-free food can be. The recipes are supermarket friendly and respect how busy most readers are. From skilled vegan chefs, to those new to the vegan pantry, or just cooks looking for some fresh ideas, Isa's unfussy recipes and quirky commentary will make everyone's time in the kitchen fun and productive.

Food52 Vegan Rodale

DELICIOUS NEWS FOR VEGANS! The Complete Official Instant Pot® Cookbook The Complete Vegan Instant Pot Cookbook is your jam-packed, fully-authorized guide to vegan pressure cooking. Brimming with 101 mouthwatering whole food recipes meant to satisfy every palate, this book also features complete and detailed instructions to help you master vegan pressure cooking. Filled with useful tips and tricks for vegan pressure cooking, this book shows you how to keep your Instant Pot clean, why pressure cooking is great for vegans, what accessories you need in your kitchen, how to avoid common mistakes, and more. The Complete Vegan Instant Pot Cookbook includes: FRESH AND TASTY RECIPES--From Maple Morning Millet to Chickpea Kale Korma, savor 101 healthy, plant-based vegan recipes--no processed substitutes needed. EASY INSTRUCTIONS--Take the guesswork out of vegan pressure cooking with instructions that use exact Instant Pot settings, including the Porridge, Slow Cooker, and Sauté functions. MASTER YOUR PRESSURE COOKER--Get the most out of your Instant Pot thanks to feature guides, maintenance

instructions, handy shortcuts, and more. The Complete Vegan Instant Pot Cookbook gives you vegan pressure cooking without the pressure.

Vegan Everything Appetite by Random House

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

The Vegan 8 Createspace Independent Publishing Platform

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

More than 100 Bright, Plant-Forward Recipes for Every Meal: A Cookbook Page Street Publishing

A user-friendly volume by the author of *Vegan with a Vengeance* and *Vegan Cupcakes Take Over the World* contains 250 recipes that include a variety of

gluten-free and tofu-free options for numerous occasions.

101 Entirely Plant-Based, Mostly Gluten-Free, Easy and Delicious Recipes America's Test Kitchen

"...cooks of all tastes and skill levels will appreciate Hester's inventive and approachable collection." - Publishers Weekly
 Quick and Easy Plant-Based Meals for Your Instant Pot® With this must-have vegan guide, bestselling author Kathy Hester shows you how easy it is to pressure cook, steam, sauté and slow cook with your Instant Pot®. Cook an entire meal at the same time with Kathy's layered entrees and sides, try a one-pot meal or prepare beans and lentils in half the time. With recipes like Herbed French Lentils with Beets and Pink Rice, Creamy Mushroom Curry with Brown Basmati Rice Pilaf, Southern- Style Pinto Beans, Whole-Grain Cornbread, Smoky Pecan Brussels Sprouts and Tres Leches-Inspired Dessert Tamales, maintaining a vegan lifestyle has never been easier or tastier. Kathy also shows you how to save time and money by making your own homemade condiments like No-Effort Soy Yogurt, Fresh Tomato Marinara Sauce and Not-

Raw Almond Milk. Make delicious vegan meals the easy way with the press of a button.

Entirely Plant-Based, Mostly Gluten-free, 100% Delicious Simon and Schuster

New York Times Bestseller A whole-foods, plant-based diet that has never been easier or tastier—learn to cook the Forks Over Knives way with more than 300 recipes for every day! Forks Over Knives—the book, the film, the movement—is back again in a cookbook. The secret is out: If you want to lose weight, lower your cholesterol, avoid cancer, and prevent (or even reverse) type 2 diabetes and heart disease, the right food is your best medicine. Thousands of people have cut out meat, dairy, and oils and seen amazing results. If you're among them—or you'd like to be—you need this cookbook. Del Sroufe, the man behind some of the mouthwatering meals in the landmark documentary, proves that the Forks Over Knives philosophy is not about what you can't eat, but what you can. Chef Del and his collaborators Julieanna Hever, Judy Micklewright, Darshana Thacker, and Isa Chandra Moskowitz transform wholesome fruits, vegetables, grains, and

legumes into hundreds of recipes—classic and unexpected, globally and seasonally inspired, and for every meal of the day, all through the year: Breakfast: Very Berry Smoothie, Breakfast Quinoa with Apple Compote Salads, Soups and Stews: Kale Salad with Maple-Mustard Dressing, Lotsa Vegetable Chowder, Lucky Black-Eyed Pea Stew Pasta and Noodle Dishes: Mushroom Stroganoff, Stir-Fried Noodles with Spring Vegetables Stir-Fried, Grilled and Hashed Vegetables: Grilled Eggplant “Steaks” Baked and Stuffed Vegetables: Millet-Stuffed Chard Rolls The Amazing Bean: White Beans and Escarole with Parsnips Great Grains: Polenta Pizza with Tomatoes and Basil Desserts: Apricot Fig Squares, Bursting with Berries Cobbler . . . and much more! Simple, affordable, and delicious, the recipes in Forks Over Knives—The Cookbook put the power of real, healthy food in your hands. Start cooking the plant-based way today—it could save your life!

[The Oh She Glows Cookbook](#) Page Street Publishing

Vegan Recipes Cookbook: Transform Your Life! 35 Recipes for a plant-based, oil-free diet - Menu Ideas for One Week Mix and

Match as You Like! Eating a whole-foods diet without animal foods and added oils, less salt and sugar, and very few processed foods dramatically improves the health. The recipes in this book are based on a purely starch-plant based diet (diet based on whole starches, vegetables, and fruits) without added oils. All the recipes are quick and easy. Bestselling author, nutritionist, and advocate for health, nutrition and vegan diets A. I. Jaeger brings you this wonderful book where you will find 35 recipes based on scientific research (such as the starch-plant based Dr. McDougall program). These recipes are meant to be used to create a healthier 7-day meal plan. They are broken down into four sections: Breakfast, Snacks, Lunch, Dinner and Desserts (healthier options). Each section also includes two quick and easy recipes that can be prepared in under 15 minutes. Mix and match according to your lifestyle and create a meal plan that will work for you. In addition to being vegan-friendly, these recipes are also high-carb and low (or no) fat. Cheers to you for bidding goodbye to oil! Enjoy healthy, vegan, oil-free recipes such as: Blueberry Pancakes & Cookies

Tortillas Vanilla Chia Pudding Mac n' Cheese Baked Sweet Potato Chips (the perfect snack!) Pesto Pasta Black Bean Veggie Burger Quinoa Teriyaki Lasagna Rolls Craving a delicious dessert? Enjoy desserts in healthier dairy-free, low-fat options such as: Peach Cobbler Raw Apple Crumble Dark Chocolate Brownies Chocolate Mousse Banana Cream Pie Apple Strudel And many more! Some of the features of this book are: - Includes many vegan mouthwatering meal recipes under 15 minutes - Suited for beginners and advanced cooks alike - All recipes include a photo - All recipes low fat or fat-free - All recipes include nutritional information The recipes in this book are based on a purely starch-plant based low-fat diet without animal foods and added oils. The recommended low-fat vegan diet is based on scientific research and recommendations by experts such as Dr. Neal Barnard, T. Collin Campbell, Dr. Michael McGregor, and especially Dr. John A. McDougall. Available as Kindle Edition and as Paperback.

[101 Recipes to Feed Your Face \[A Cookbook\]](#) Vegan Cookbook: 101 Delicious, Everyday Soup, Salad, Main

Dish, Breakfast and Dessert Recipes the Whole Family Will Love!: Healthy Veg Tempted to try your hand at vegan food but don't know where to start? Or even just to make meat free Monday a regular thing? Long gone are the days of vegan food being dull and worthy: Vegan Fast & Easy Cookbook is bold, vibrant and gorgeous. From Polenta "Fries" to Garlic Miso Zoodles it's all incredible tasting food that just happens to be vegan. With more than 100 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone - the committed vegan or simply those looking to freshen up their cooking. Delectable and packed with dishes that are good for you, this is like no other vegan cookbook.

101 Simply and Delicious Everyday Recipes Ten Speed Press

The creators of the New York Times bestselling cookbook series Thug Kitchen are back to deliver you the sorta gentle, but always hilarious shove you need to take the leap into healthy eating. Thug Kitchen 101 includes more than 100 easy and accessible recipes to give you a solid start toward a better diet. TK holds your hand and explains ingredients from

chickpeas to nooch so you'll feel confident knowing exactly what the f*ck you're cooking. This kickass vegan kitchen primer also serves up health benefits and nutrition statistics to remind everyone, from curious newbies to health nuts, how a plant-based lifestyle benefits our bodies, minds, environment, and our pocketbooks. THAT'S RIGHT. EAT GREEN, SAVE GREEN. So scared of commitment you can't even dedicate some time to cook? Thug Kitchen's here to fix that sh*t: All recipes in TK 101 are guaranteed to be faster than delivery, so you can whip up some tasty meals with simple ingredients regardless of when you stumbled home from work. You're too damn important to be eating garbage, so TK has made it easy to take care of #1: you. No needless nonsense or preachy bullsh*t. Just delicious, healthy, homemade food for all the full-time hustlers out there. "Thug Kitchen backs up its bluster with good, solid recipes."--New York Times "Funny, self-aware, and full of delicious-looking recipes that I want to make right this second." --Epicurious.com "F*cking delicious."--Popsugar.com [Hot for Food Vegan Comfort Classics](#) Little, Brown

Angela Liddon, author of the New York Times bestselling Oh She Glows cookbooks, returns to offer readers nourishing plant-based dinners bursting with layers of flavor. For more than a decade, Angela Liddon has been one of the biggest names in the healthy cooking blogosphere. Famous for her flavorful, creative, and whole foods approach to plant-based cooking, Angela's recipes are beloved by all, whether you are vegan, plant-based curious, or simply looking to add more energizing ingredients to your meals without sacrificing an ounce of satisfaction. Now, in her third, much-anticipated cookbook, Oh She Glows for Dinner, Angela gives readers her foolproof recipes, tips, and tricks for creating super tasty, always nourishing dinners that will have the whole family glowing from the inside out. In Oh She Glows for Dinner, Angela shares her Glow Getters meal prep plans, helpful make-ahead tips, and favorite seasonal and holiday menus, as well as one-pot and on-the-glow meals that will help streamline your busy week. Storage and reheating instructions remove time-consuming guesswork, and a handy new label index helps you look up dishes

based on allergies or food preferences such as gluten-free, freezer-friendly, one pot, nut-free, and more. Angela's thorough, easy-to-follow recipes help you feel like she's cooking with you in your kitchen. With irresistible, light meals like Kitchen Sink Sheet Pan Buddha Bowl and Mediterranean Smashed Chickpea Salad with Tzatziki Aioli and cozy, hearty meals like Portobello Boats with Rosemary-Lentil Crumble and Italian One Pot Buttery Tomato, White Beans, and Farro, dinner can be chock full of flavor and nutritious at the same time. And don't forget dessert: treats like O Canada! Spiced Maple Cream Torte with Warm Apple Pie Compote and Brain Child Cherry-Lemon Coconut Cream Pops make mealtimes (and snack times) a little extra sweet while utilizing ingredients you can feel good about. With its inspiring, yet practical approach, Angela's latest collection of feel good recipes will become a dog-eared staple in your kitchen for years to come!

101 Delicious Whole-Food Recipes for Your Pressure Cooker Rockridge Press
From Sam Turnbull, the bestselling author of *Fuss-Free Vegan*, and creator of the blog *It Doesn't Taste Like Chicken*, comes her eagerly awaited second cookbook. She is cooking up even simpler vegan comfort food--on a budget, with fewer ingredients, and in 30 minutes or less! Some people think that a vegan diet can be too time-consuming, too much work, and too expensive! In Sam Turnbull's *Fast Easy Cheap Vegan*, she's busting those myths and showing us just how simple (with 10 ingredients or fewer), inexpensive (for \$10 or less), and quick (in 30 minutes or less) it can be to cook delicious plant-based comfort food at home. Wholesome recipes can be made using items you already have in your pantry and fridge. And if they're not stocked in your kitchen, these ingredients are easily found at your local grocery store. *Fast Easy Cheap Vegan* is

filled with 101 recipes, many of them perfect for busy weeknights, like 10-Ingredient Creamy Basil Gnocchi, Gorgeous Greek Bowl, and Quicker Quesadillas. You'll have tons of options for speedy breakfasts and lunches, including Oatmeal Breakfast Cookies, 20-Minute Breakfast Sandwiches, 15-Minute Apple Chickpea Salad, and DIY Instant Ramen Soup, and no shortage of ready-to-go snacks, like Cheesy Cracker Snackers, Loaded Queso Dip, and Cool Ranch Popcorn. And don't skip dessert because there's Lickety-Split Ice Cream, Easy Peasy Peanut Butter Squares, Brownie in a Cup, and 10-Minute Mini Berry-Crisp. *Fast Easy Cheap Vegan* is all about smart tips and easy techniques that simplify cooking. Many recipes are one-pot, freezer-friendly, and make-ahead meals, creating a stress-free kitchen. So whether it's breakfast, lunch, dinner, or dessert, Sam has thought of everything to help get delicious, fuss-free meals on the table in no time flat.