

The Vegan Cookbook 100 Plant Based Recipes To Inspire And Invigorate

Versatile vegan recipes for quick and easy meals. Whether you're a full-time vegan or just interested in eating more plant-based foods, variety will spice up your life. The Fast & Easy Vegan Cookbook brings a new selection of fresh meals to your table, pronto! From one-pot to prep method--without being held hostage for hours in your kitchen. This flavorful vegan cookbook doesn't require a long list of ingredients or a huge time commitment. The preparation techniques are simple--there's even a chapter devoted to not cooking at all (Gazpacho, anyone?). Eat include tips for ingredient substitution, adding more protein, or other easy customizations. The Fast & Easy Vegan Cookbook includes: 100 tasty recipes--Whip up meals full of personality and variety like Artichoke Heart Salad, Spicy Pinto Bean Skillet, Mushroom Stroganoff Bake, chapters on 30-minute recipes, sheet pan and casserole meals, 5-ingredient dishes--or even recipes with no cooking required! Dietary options--This vegan cookbook lets you adapt menus to your needs with handy labels for gluten-free, nut-free, oil-free, or soy-free diets. Eat easy Vegan Cookbook.

The Only Vegan Cookbook You'll Ever Need Seven standout authors have joined forces to create this definitive vegan reference book. With more than 600 recipes, this indispensable kitchen staple is perfect for seasoned vegans looking to build their repertoires, cooks new to the eaters on the hunt for new flavors. Gluten-free, soy-free and sugar-free options are included, and many recipes come together in 30 minutes or less. Offering unbeatable variety and covering everything from main dishes, sides, soups and salads to breakfasts, beverages, dessert--vegan authorities have you covered.

Make healthy, plant-based meals with this easy teen cookbook Whether teens want to be kinder to animals, the environment, or their own bodies, there are so many good reasons to explore veganism! This teen cookbook makes plant-based cooking fun, flavorful, and easy. It's filled with comfort foods and creative new flavor combinations. Basic everyday ingredients and step-by-step recipe instructions help simplify vegan cooking so teens can gain confidence and build kitchen skills that will last a lifetime. This vegan teen cookbook includes: An intro to plant-based vegans need to include in their diets and learn how to choose healthy ingredients for balanced nutrition. Recipes designed for teens--Explore dishes that are tailored to teens' tastes and dietary needs, featuring nutritious, whole-food ingredients without sacrificing flavor. Cooking become better cooks with detailed instructions for basic cooking techniques, staying safe in the kitchen, and fixing common mistakes. Discover the joy of vegan cooking with the simple recipes in this teen cookbook.

Get more out of your veggies, wallet, and time in the kitchen with The Super Easy Vegan Slow Cooker Cookbook. When it comes to ease and convenience in the kitchen, the slow cooker is a must-have appliance. Now the slow cooker is becoming synonymous with healthy eating while also decreasing cook time and stress. By using a slow cooker for both full meals and basic staples, cooking instructor and founder of the popular food blog, Plant Based on a Budget, Toni Okamoto creates simple, healthy meals that are packed full of flavor and nutrients. In Toni shows you how to get your money's worth when making vegan meals at home. The easy-to-follow recipes in The Super Easy Vegan Slow Cooker Cookbook make it simple to enjoy healthy vegan meals that you'll love to eat--without the fuss of using multiple pots and pans. you will: Stock up on vegan slow cooking staples like beans and lentils Enjoy more than 100 healthy, flavorful plant-based meals Create complete meals with just 15 minutes of active prep time Choose from a range of variations on classic vegan dishes--as well as recommendations Find out how The Super Easy Vegan Slow Cooker Cookbook will save you time and money while serving up wholesome, tantalizing dishes such as: Spicy Ethiopian Lentil Stew, Corn Salad with Creamy Avocado Lime Dressing, Curried Ginger Butternut Squash Soup, Grilled Romaine K

The Ultimate Vegan Cookbook

100 easy recipes for vegan beginners

100 Easy Vegan Recipes to Eat Well and Feel Great!

The Vegan Stoner Cookbook

Deliciously Ella The Plant-Based Cookbook

Healthy Vegan Air Fryer Cookbook

100 Simple, Delicious Recipes Made with 8 Ingredients Or Less

Get more out of your veggies, wallet, and time in the kitchen with The Simple Vegan Cookbook. Forget about vegan cookbooks that require specialty ingredients and leave you unsatisfied. The Simple Vegan Cookbook takes vegan cooking to the tastiest level with easy, delicious r to make and a delight to eat. Plant Based on a Budget, In The Simple Vegan Cookbook shows you how to get your money's worth when making vegan meals at home. The easy-to-follow recipes in The Simple Vegan Cookbook make it simple to enjoy healthy vegan meals that you'll eat?without the fuss of using multiple pots and pans. From greens and beans to grains and mains, The Simple Vegan Cookbook is the most convenient vegan cookbooks to date. This vegan cookbook offers: How to pick out the right vegan ingredients on your meals TOP 100 health-based meals Meal images tell you what the recipe look like Choose from a range of variations on classic vegan dishes?as well as recommendations for super-simple salads to be served alongside Find out how The Simple Vegan Cookbook will save you time and money while serving tantalizing dishes such as: Vegan French Toast, Coconut Green Curry, Fiesta Stuffed Potatoes, Raspberry Vinaigrette, Creamy Avocado Dressing and much more. Order The Simple Vegan Cookbook to live a simple and easy vegan life.

Easy plant-based recipes for simple and nutritious dishes, from light meals to full-on feasts. More and more of us are cutting out animal protein and products from our diets, or at the very least reducing them. Sticking to your resolve to eat a meat-free diet is going to be so much is easy to prepare and exciting to eat. This is where The Plant Kitchen comes in. Many of these recipes rely on a rainbow of fresh produce, alongside tasty vegan sources of protein, such as beans, lentils and nuts. Seasonings and sauces take their inspiration from all around the and nourishing meals with eye-popping colour and irresistible flavour. From tender peas, asparagus and baby carrots and sun-burnished peppers and tomatoes, to the starchy roots and potatoes of the colder months, there is a plant-based recipe here that will showcase seasonal round, satisfy your appetite and take you on voyage of vegan food discovery.

The No-Waste Save-the-Planet Vegan Cookbook delivers 100 delicious and waste-free recipes and more than 100 specific action steps anyone can take at home.

Move over, fried chicken. In Epic Air Fryer Plant-Powered Cookbook, air-frying expert Michelle Anderson shows you how to make 100+ amazing vegetarian dinners, sides, snacks, desserts, and more. The air fryer is not just for carnivores. Whether you are a full-time vegetarian or of omnivores who are adding more plant-based dishes and meals to your weekly routine, you will love the imaginative, healthy, and terrifically tasty ideas in this book. Air fryers cook fast and easy—that's why everyone loves them!—and, because they use less oil, the food they do and delicious but much better for you than traditional deep-fried or pan-fried foods. Start your day with Crispy Buttermilk Waffles or zesty Huevos Ranchero Wraps and end it, after dinner, with an amazing air-fried dessert, such as Caramelized Pineapple Shortbread, Churros with Lemon-Blueberry Donuts. In between, you will find lots of substantial meatless main courses, like Sesame-Orange Tofu and Broccoli, Turkish Cauliflower Fritters, and Zucchini-Feta Pancakes with Tzatziki Sauce. Are you a potato lover? Try the recipes for Sensational Sweet Potato Wedges with Cheddar Dip. From snacks like Smoky Candied Pecans to appetizers like Roasted Garlic Guacamole and sides like Low Country Hush Puppies, the ideas are boundless and incredibly delicious. Expand your air frying repertoire with these thoroughly delicious, tested-to-recipes.

The Must-Have Resource for Plant-Based Eaters

100 Impossibly Delicious Alternative-Meat Recipes

The Plant Kitchen

Delicious Vegan Recipes for Under \$30 a Week, in Less Than 30 Minutes a Meal

30-Minute Vegan Cookbook

Simply Delicious Vegan

Vegan Cookbook for Teens

Get your whole family excited about eating healthy! Veteran 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. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie Vanilla Bean Chocolate Chip Cookies Cinnamon French Toast No-Bake Granola Bars Creamy Fettuccine Sneaky Chickpea Burgers Apple Pie Chia Pudding Plus salad dressings, sauces, and sprinkles that will dress up any dish! With tips for handling challenges that come with every age and stage—from toddler to teen years —Plant-Powered Families is a perfect reference for parents raising “veegans” or families looking to transition to a vegan diet. Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. Plant-Powered Families also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

No-Waste Save-the-Planet Vegan Cookbook100 Plant-Based Recipes and 100 Kitchen-Tested Tips for Waste-Free Meatless Cooking

The definitive plant-based Mexican cookbook for a new generation, featuring 100 recipes transforming traditional dishes into vegan celebrations of family and home ONE OF THE BEST COOKBOOKS OF THE YEAR: Boston Globe and Glamour • “The stories will feed your soul and the recipes will channel your love for Mexican food in a wholesome plant-based way.”—Nisha Vora, creator of Rainbow Plant Life and author of The Vegan Instant Pot Cookbook Edgar Castrejón went vegan as a college student when he realized that following a plant-based diet made him feel better, but he worried he would no longer fit in back at the table with his family. As a proud first-generation Mexican American growing up in Oakland, Edgar had spent countless hours with his mom, aunts, and grandmother in the kitchen, where family recipes were passed down through “las manos mágicas.” So Edgar began creating healthier, meatless variations on the dishes he grew up cooking and eating. Provecho features one hundred of Edgar’s ingenious vegan recipes that honor the traditional, often meat-heavy classics of Mexican and Latin American culture while cooking with compassion. Many take thirty minutes or less, rely on readily accessible ingredients, and feature Salvadoran and Colombian influences. And they’re all organized by how meals are approached in Edgar’s family: • La Mesa Llena (“The Full Table”): Mushroom Sancocho; No-Bake Enchiladas Verde with Jackfruit; Lentil-Cauliflower Empanadas • La Mesita (“The Small Table”): Sweet Potato and Kale Tacos; Quesadillas de Brócoli y Tofu; Vegan Queso Fundido • La Mañana Después de la Cruda (“The Morning After”): Burritos de Desayuno; “Huevos” Rancheros; Papas con Chorizo Vegano • Antojitos (“Little Cravings”): Vegan Chipotle Crema; Mi Tia Evelia’s Ceviche de Coliflor; Ensalada de Nopales • Bebidas (“Drinks”): Oat Milk Horchata; Jugo de Espinaca y Piña; Margarita Fuerte • Postrecitos (“Little Desserts”): Almond Milk Rice Pudding with Cashew Cream; Gelatina de Mango Coco; Apple Empanadas With Provecho, Edgar invites you to discover a whole new way to enjoy the flavors he has loved his entire life—and still wakes up craving every day.

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 boring: Vegan 100 is bold, vibrant and gorgeous. Going vegan was the best decision Gaz Oakley ever made. Gaz, aka Avant-Garde Vegan, was once a meat eater and often didn't feel well. Overnight, he decided to go vegan for the health benefits, for his love of animals and to do his part in looking after the planet. He found that, as a trained chef, it was surprisingly easy to get big tastes and colours into vegan dishes without compromise, and he also noticed an improvement in the way he felt. The emphasis in Gaz's 100 amazing vegan recipes is first and foremost on FLAVOUR. From Kentucky Fried Chick'n and Fillet "Steak" Wellington to Chocolate Tart and Summer Berry Mousse Cake, it's all incredible-tasting food that just happens to be vegan. Delectable, beautiful and packed with dishes that are good for you, this is like no other vegan cookbook.

The Plant-Based Cookbook

More than 100 plant-based recipes from around the world

Meatless Favorites. Made with Plants. [A Plant-Based Cookbook]

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

Broke Vegan

100+ Recipes Quick and Easy Plant-Based Favorites

Vegan Cookbook

You don't have to compromise your health or your vegan lifestyle to enjoy fried foods! Wondering what your air fryer can do? How about quickly making foods that use less oil than deep frying and thus have less fat than their traditional deep-fried counterparts? With this book, you can go even further by making foods that contain only vegan ingredients. Plus, every recipe has nutritional data to show you how low in calories and fat each meal is. You can make pizza, tacos, and, yes, even cake—all without compromising your eating habits and without needing to submerge your food in unhealthy oil. Not only can this appliance fry foods, but it can also bake, roast, and grill. So if you were hesitant to use your air fryer before, now you can put it to good use by making all your vegan favorites quickly, easily, and healthfully. This cookbook features: 100 vegan recipes with low calories, low fat, and all-natural ingredients Healthier recipes for breakfast, dinner, sides, snacks, and even desserts Detailed nutritional data for every recipe, including calories, fat, carbs, fiber, and sodium

As seen on TV 'There's something for everyone here... Brilliant recipes... A really clever book' - Georgina Hayden, Sunday Brunch We all want to help do our bit to save the planet by moving towards a plant-based diet, but let's face it: eating vegan can be expensive. With over 100 plant-based recipes using supermarket staples along with hints and tips for making your food go further, Broke Vegan will have you cooking meals time after time that save money and save the planet. From easy weeknight meals ready in 20 minutes to feeding a crowd on a budget or saving bags of time and money by batch cooking, Broke Vegan has got you covered. Whether you're taking part in Veganuary for the first time, making the move from veggie to vegan or just trying to make your money go further, Broke Vegan will bring variety and flavour to your meals without having to spend a fortune. BREAKFAST & BRUNCH including: Speedy sourdough Any berry muffins Frozen smoothie bowl BATCH COOKING including: Confit tomatoes Chilli con veggie Sticky sweet aubergines READY IN 20 including: Kimchi pancakes with dipping sauce Cauliflower nuggets Back of the fridge fritters IMPRESS A CROWD including: Pizza 5 ways Any vegetable tart SOMETHING SWEET including: Chocolate mousse Lemon, coconut & cardamom cake Leftover porridge flapjacks

Straight from the ground and right to your table, The Plant-Based Cookbook provides delicious and unprocessed recipes for a delicious, satisfying, whole foods diet.

Vegan Cookbook-100+ Life-Changing, Plant-Based Recipes Whether you're a full-time vegan or simply wish to consume more plant-based cuisine, diversity will spice up your life. Vegan Cookbook will assist you in quickly adding a variety of new foods to your table! Choose your favourite cooking method, from one-pot to pressure cooker, without having to spend hours in the kitchen. This delectable vegan dish does not necessitate a huge ingredient list or a significant amount of time to prepare. The preparation processes are straightforward, and there's even a section on eating without cooking it all. Each dish includes nutritional information as well as suggestions for product substitutions, protein boosts, and other small tweaks.

100 + Easy, Healthy Recipes That Are Ready When You Are

Unbelievably Vegan

The Friendly Vegan Cookbook

100 Essential Recipes to Share with Vegans and Omnivores Alike

The fastest selling vegan cookbook of all time

100 Plant-Based Recipes with Fewer Calories and Less Fat

The Great Vegan Bean Book

An inspired collection of vegan recipes that makes the most of fresh, plant-based ingredients for healthy everyday meals full of colour and flavour. This brilliant book brings a fresh, inspired look to plant-based food, showing just how satisfying, dynamic and undeniably delicious contemporary vegan cooking can be. The beautifully photographed recipes make the most of a wide variety of fresh ingredients, drawing inspiration from cuisines around the world to help you create healthy, balanced meals effortlessly. Renowned blogger Adele McConnell proves there's no need to sacrifice flavour to eat animal-free. She creates her stylish, mouth-watering dishes with innovative techniques and nutrient-packed ingredients, including whole grains and protein sources such as pulses, nuts, tempeh and tofu. From Mushroom & Roasted Beetroot Polenta Nests to Chinese Spring Onion Pancakes with Ginger Dipping Sauce, you'll find dishes that will tempt both part-time and fully-committed vegans alike. With 100 inspiring, easy-to-follow recipes, The Vegan Cookbook isn't merely about creating great meat-free food. It's about producing sensational dishes everyone will want to make time and time again.

2021 IACP Award Winner in the Health & Nutrition Category 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 leaks 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.

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.

"A cookbook containing over one hundred plant-based recipes"--

100 Plant-Based Recipes and 100 Kitchen-Tested Tips for Waste-Free Meatless Cooking

The Complete Plant-Based Cookbook

Provecho

100 Easy and Nutritious Plant-Based Recipes

Vegan Instant Pot Cookbook

Vegan Cookbook - 100% Gluten Free

The Global Vegan

Maximum flavor. Minimum effort. Totally vegan. You don't need to spend hours in the kitchen or buy expensive ingredients to create delicious, creative, plant-based meals. The Easy 5-Ingredient Vegan Cookbook is dedicated to providing you with nutritious recipes from the 5 main food groups essential for a healthy vegan diet. The most common barriers to eating plant-based foods are a learning curve and time, so each of these 5-ingredient cookbook recipes includes no more than five components, supplemented with simple staples you can keep on hand: olive oil, vegetable broth, onions, garlic, salt, and pepper. Recipes like Stuffed Dates with Cashew Cream and Roasted Almonds or Chocolate Peanut Butter Cups couldn't be easier to prepare. Hit the ground running with a 5-ingredient cookbook designed for maximum health and wellness--and convenience. This 5-ingredient cookbook includes: Make it your own--Recipes include tips to make the meal even tastier or easier--or offer a different spin. Nutritious blueprint--Success begins with an overview of the vegan lifestyle and advice on selecting the best vegan ingredients, from healthy fats to protein replacements. No fuss--These simple 5-ingredient cookbook recipes help you conveniently integrate more plants into your diet. Let this 5-ingredient cookbook be your guide to a simple, healthy vegan lifestyle.

From the author of the bestselling Elsa's Wholesome Life, Ellie Bullen returns with Global Vegan, a collection of simple and delicious recipes inspired by her travels around the world to places such as Indonesia, India, Korea and Japan. Ellie's plant-based dishes are infused with her trademark flavour, colour and texture and will have you eating well throughout the day. There are vibrant smoothie bowls or vegan fried eggs for easing into the morning; Salt and Pepper 'Calamari', Tom Kha Gai Soup or Aloo Jeera when you need something more substantial; and chai-spiced cookies or Portuguese custard tarts to have with an afternoon cuppa. There are also healthy, plant-based versions of well-known favourites, such as Pad Thai, Fish and Chips and Spicy Ramen Soup. A qualified dietitian, Ellie explains everything you need to know about adopting a plant-based diet, including how to get enough iron and achieve the right balance of carbs, proteins and good fats. With extraordinary travel photography scattered throughout, Global Vegan is an explosion of colour and flavour, and is imbued with Ellie's unique sense of adventure and her love of plants. It is the perfect book for anyone who wants to cook simple, healthy and flavour-packed vegan food. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Adele McConnell brings a fresh, inspired look to plant-based food, showing just how satisfying, dynamic and undeniably delicious contemporary vegan cooking can be. The beautifully photographed recipes make the most of a wide variety of fresh ingredients, drawing inspiration from cuisines around the world to help you create healthy, balanced meals effortlessly. McConnell proves once and for all that there's no need to sacrifice flavor to eat animal-free. She creates her stylish, mouth-watering dishes with innovative techniques and nutrient-packed ingredients, including whole grains and protein sources such as pulses, nuts, tempeh and tofu. From Mushroom & Roasted Beetroot Polenta Nests to Chinese Spring Onion Pancakes with Ginger Dipping Sauce, you'll find dishes that will tempt both part-time and fully-committed vegans alike. Complete with 100 inspiring, easy-to-follow recipes, The Vegan Cookbook isn't merely about creating great meat-free food, it's about producing sensational dishes everyone will want to make time and time again.

Eat vegan!or less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With Plant-Based on a Budget, going vegan is not only an attainable goal, but the best choice for your health, the planet!and your wallet.

Toni's guidance doesn't just help you save money!It helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including:
[] 5-Ingredient Peanut Butter Bites
[] Banana Zucchini Pancakes
[] Sick Day Soup
[] Lentils and Sweet Potato Bowl
[] PB Ramen Str Fry
[] Tofu Veggie Gravy Bowl
[] Jackfruit Carnita Tacos
[] Depression Era Cupcakes
[] Real Deal Chocolate Chip Cookies
[] A foreword by Michael Greger, MD, Plant-Based on a Budget gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary What the Health

100 Plant-Based Recipes by the creator of From My Bowl

100 Vegan Mexican Recipes to Celebrate Culture and Community [A Cookbook]

The Wfpb Cookbook: 100 Recipes to Enjoy the Whole Food, Plant Based Diet

Over 100 Kid-Tested, Whole-Foods Vegan Recipes

100 Delicious Recipes for a Healthy Life

Fast & Easy Vegan Cookbook

The Vegan Cookbook

Caitlin Shoemaker shares plant-based, recipes that maximize health and flavor and fit into any budget Caitlin Shoemaker, vegan and health-world influencer and creator of the blog From My Bowl, shares the laid-back kitchen magic of her simple, flavorful recipes. Simply Delicious Vegan proves that unprocessed, plant-based food doesn't have to be expensive, complicated, or boring—and even better, it can make you feel (and look) your absolute best. Complete with personal tips for creating a glowingly healthy and happier life, this book offers 100 recipes that check every box and fit easily into real life. Gluten-free, oil-free, and refined sugar-free, Simply Delicious Vegan will help you feel energized and centered.

100+ hearty, succulent, people-pleasing meals featuring vegan meat, from comfort food classics and speedy weeknight dinners to global flavors and showstoppers, plus recipes for DIY vegan meats and cheeses. "When vegan cheese queen Miyoko Schinner pens a new cookbook, you don't walk to your nearest bookstore. You run. . . . Get ready for your weeknight dinners to never be the same."—VegNews From the Impossible Burger and Beyond Meat to MorningStar Farms, Boca Burgers, and more, plant-based meats are a growing trend for those who want to help the planet, animals, and their health but don't want to give up the meaty flavors they love. In The Vegan Meat Cookbook, bestselling author Miyoko Schinner guides you through the maze of products available on store shelves and offers straightforward guidance on how to best use them in everything from Sausage Calzones with Roasted Fennel and Preserved Lemon to Hominy and Carne Asada Enchiladas with Creamy Green Sauce. Dig in to a satisfying vegan meal of Weeknight Shepherd's Pie with Bratwurst and Buttery Potatoes or Meaty, Smoky Chili. Wow your guests with Coq au Vin, Linguine with Lemon-Garlic Scallops and Herbs, or Lettuce Wraps with Spicy Garlic Prawns. For those interested in making their own vegan meats and cheese from scratch, there are recipes for Juicy Chicken, King Trumpet Mushroom Bacon, Easy Buffalo Mozzarella, Miyoko's famous UrTurkey, and many more that you'll never find in stores. Whether you're cutting back on meat for your health, the environment, animal welfare, or affordability, The Vegan Meat Cookbook will satisfy the cravings of flexitarians, vegans, vegetarians, and even carnivores.

Following on from the best-selling Vegan Made Easy cookbook, author and vegan YouTube celebrity cook, Anja Cass, has put together another 110 easy to follow plant based recipes in The Cooking With Plants Cookbook! With easy to follow step by step instructions, full colour photographs for each recipe and a full range of Breakfasts, Mains, Snacks, Sides, Condiments, Sauces and Desserts, this amazing collection of plant based recipes will allow you to eat well and feel great at every meal! A must have for your kitchen, The Cooking With Plants Cookbook will leave you saying "Mmmm...yum" every time you cook!

JUSTIN WEBER is from northern Wisconsin, has two children who are his most eager taste testers, and posts recipes and health tips on social media @CrowMoonKitchen.

Over 100 Incredible Recipes from Avant-Garde Vegan

100 Simple Vegan Recipes to Make Every Day Delicious

The Super Easy Vegan Slow Cooker Cookbook

100 Mouth-watering Recipes for Time-crunched Vegans

100+ Life-Changing, Plant-Based Recipes

The Cooking with Plants Cookbook

The Vegan 8

Alternative meat products that taste like real beef and pork have created millions of "carniverts"--and The Vegan Meat Cookbook caters to that hungry audience with 100 recipes using trendy texture-based proteins (TVPs).

Illustrated with mouthwatering photos, it provides background on these products, reviews the health benefits of a plant-based diet, and provides tips for buying and preparing alt-meats. Try delicious dishes like a hearty

Brat Sausage Skillet Stew and Meatloaf Muffin Parmesan, along with breakfasts, appetizers, main dishes, sides, snacks, and more!

"This brilliant book brings a fresh, inspired look to plant-based food, showing just how satisfying, dynamic and undeniably delicious contemporary vegan cooking can be. The beautifully photographed recipes make the most of a wide variety of fresh ingredients, drawing inspiration from cuisines around the world to help you create healthy, balanced meals effortlessly. Renowned blogger Adele McConnell proves there's no need to sacrifice flavour to eat animal-free. She creates her stylish, mouth-watering dishes with innovative techniques and nutrient-packed ingredients, including whole grains and protein sources such as pulses, nuts, tempeh and tofu. From Mushroom & Roasted Beetroot Polenta Nests to Chinese Spring Onion Pancakes with Ginger Dipping Sauce, you'll find dishes that will tempt both part-time and fully-committed vegans alike. With 100 inspiring, easy-to-follow recipes, The Vegan Cookbook isn't merely about creating great meat-free food. It's about producing sensational dishes everyone will want to make time and time again."

You don't have to give up fried foods just because you're vegan! Wondering what your air fryer can do? How about quickly making foods that use less oil than deep frying and thus have less fat than their traditional deep-fried counterparts? With this book, you can go even further by making foods that contain only vegan ingredients. Plus, every recipe has nutritional data to show you how low in calories and fat each meal is. You can make pizza, tacos, and, yes, even cake—all without compromising your eating habits and without needing to submerge your food in unhealthy oil. Not only can this appliance fry foods, but it can also bake, roast, and grill. So if you were hesitant to use your air fryer before, now you can put it to good use by making all your vegan favorites quickly, easily, and healthfully. Healthy Vegan Air Fryer Cookbook includes these features:

- 100 vegan recipes with low calories, low fat, and all-natural ingredients
- Healthier recipes for breakfast, dinner, sides, snacks, and even desserts
- Detailed nutritional data for every recipe, including calories, fat, carbs, fiber, and sodium
- Expert dietary information from Dana Angelo White, nutritionist for the Food Network, on being vegan

Cook up delicious, plant-based dishes in 30 minutes or less Even when you're pressed for time, vegan meals can be surprisingly simple to make without sacrificing flavor or relying on processed ingredients. The 30-Minute

Vegan Cookbook makes it easy to whip up nutritious and creative plant-based recipes with familiar ingredients and basic cooking methods, so you can spend more time enjoying your meals and less time making them. This standout among vegan cookbooks includes: Truly easy recipes--Perfect for complete beginners and experienced cooks alike, these recipes use simple preparation methods and basic ingredients you can easily find at your local grocery store. A focus on whole foods--Discover flavorful plant-based dishes that rely primarily on vegetables, beans, and whole grains, minimizing the use of processed ingredients and added salt, oil, and sugar.

Shortcuts and hacks--Learn time-saving tips that simplify a plant-based diet, from smart grocery shopping advice to prep and cooking pointers. When it comes to quick and simple plant-based recipes, the 30-Minute Vegan

Cookbook has you covered.

The Earthy Canvas Vegan Cookbook

The Vegan Meat Cookbook

Practically Vegan

More Than 100 Delicious Plant-Based Dishes Packed with the Kindest Protein in Town! - Includes Soy-Free and Gluten-Free Recipes!

100 Sensational Recipes to Inspire and Invigorate

Over 100 plant-based recipes that don't cost the earth

100 Easy Vegan Recipes to Munch

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; Jalapen o-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.

Nominated for best cookbook in the 2021 Veggie Awards by VegNews The founder of World of Vegan and the author of Plant-Based on a Budget have teamed up to create the ultimate kitchen resource for longtime vegans and the veggie-curious alike, with 100 foolproof, flavor-forward recipes. Eating vegan doesn't have to mean a lifetime of bland veggie burgers and boring salads—nor does it have to make every shared meal a source of stress. As all plant-based cooks know, when it comes time to please a crowd, the pressure is on. You want to serve delicious, memorable dishes, and you're also well-aware that many will be skeptical of vegan food measuring up to their favorites. Enter Michelle Cehn and Toni Okamoto, longtime friends and two of the most trusted figures in the online vegan community. Through their popular food blogs, videos, podcast, and cookbooks, the two have helped millions of people make living vegan easy, fun, and delicious. Michelle and Toni share 100 amazing recipes for satisfying meals, snacks, and treats, designed for both the veggie-curious and longtime vegans looking for a trusted recipe resource. In The Friendly Vegan Cookbook: 100 Essential Recipes to Share with Vegans and Omnivores Alike, you'll find rigorously tested, no-fail recipes including favorites such as: • Fettuccine Alfredo • Sushi • Pot Pie • Breakfast Burritos • Pop Tarts • Chocolate Mousse • Cinnamon Rolls • Mac 'n' Cheese • Corn Chowder • Chewy Brownies Michelle and Toni also share their go-to kitchen tips to make meal planning a breeze, helpful shopping lists, and directions for making your own staples—nut milks, dressings, pasta sauces, and breads. The Friendly Vegan Cookbook is filled with meals that will become your new favorites and go-to staples for when you have meat-eaters to impress. Because amazing food should be shared.

Vegan Instant Pot cookbook - 100+ recipes Quick and Easy Plant-Based Favorites: When you live a busy, somewhat hectic life, sometimes dinner is the last thing on your mind. I think most of us have good intentions when it comes to eating a healthy diet, but we all know that finding the time to prepare and cook a healthy meal, especially a vegan meal, can be challenging. If you're looking for a great way to cook tasty vegan meals in a short amount of time, look no further than Vegan Instant Pot. It is a super convenient multi-tool, and it is perfectly suited to preparing quick, easy, and healthy vegan meals when you're on a tight schedule. The vegan lifestyle has a reputation of being repetitive, boring, and hard to stick to everyday. The Instant Pot helps to balance out our busy lifestyles with our desire to eat natural, healthy foods. This book was created to help you do just that. Not only do your hands hold an amazing collection of vegan recipes, they also hold practical advice for using your Vegan Instant Pot and loving your vegan lifestyle.

More than 100 delicious, easy, and colorful vegan dinners on a budget from the founder of the massive social media platform Cooking for Peanuts, with a foreword by Jonathan Safran Foer, Nisha Melvani appreciates that it's hard for many people to commit to being 100% vegan. But committing to one vegan meal a day—dinner—is much more feasible. For those trying to incorporate more vegan meals into your diet, Practically Vegan is your go-to weeknight dinner cookbook and the perfect entry to veganism. A registered dietitian nutritionist, Melvani offers solid, tested vegan recipes and a non-militant approach for those wanting to eat less meat. Plant-based cooking will no longer feel intimidating with easy-to-find ingredients that you will use in the kitchen over and over again. Inspired by the flavors she was introduced to while growing up in Jamaica, England, and Canada, as well as her own Indian heritage, Melvani shares over 100 delicious recipes, including Creamy One-Pot Cheesy Broccoli Pasta Soup, Cauliflower-Sweet Potato Curry, Sesame Noodle Veggie Stir-Fry, Mushroom Bourguignon, and more, accompanied by a foreword written by bestselling author Jonathan Safran Foer, who urged Melvani to write this cookbook after feeding his family her recipes. With easy-to-follow directions and recipe substitutions as well as culinary tips and tricks, Practically Vegan will be the helping hand you need to prepare a vegan dinner for yourself or your family with confidence.

The Simple Vegan Cookbook

Vegan 100

500 Inspired, Flexible Recipes for Eating Well Without Meat

Plant-Based on a Budget

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

The Easy 5 Ingredient Vegan Cookbook: 100 Healthy Plant Based Recipes

Epic Air Fryer Plant-Powered Cookbook

A collection of vegan recipes so simple to make that even a stoner could prepare them, this highly illustrated cookbook from the creators of The Vegan Stoner food blog proves that going vegan can be fun, cheap, and easy. Cooking vegan doesn't have to be hard! This irreverent take on veganism proves that beginners and slackers alike can whip together yummy, filling meals with just a few ingredients and minimal time and effort. Foolproof recipes for breakfast, lunch, dinner, and munchies include Mean Green Smoothies, Aspara-Guy Sushi, Bahnwiches, Animal Cookies, Churro Chips, and more.

****Pre-order Ella Mills' new book, How to Go Plant-Based: A Definitive Guide for You and Your Family - out in August!** THE PERFECT GIFT FOR THE FOODIE IN YOUR LIFE! The Sunday Times number one bestselling cookbook and the fastest selling vegan cookbook of all time. 'She has become the biggest thing in healthy eating' - The Times 100 all-new plant-based recipes - by bestselling author Deliciously Ella. Ella's latest book features the most popular, tried and tested recipes from her supper clubs, pop-ups and deli to show how delicious and abundant plant-based cooking can be. The simple vegan recipes cover everything from colourful salads to veggie burgers and falafel, creamy dips and sides, hearty one-pot curries and stews, speedy breakfasts, weekend brunches, muffins, cakes and brownies. They're the recipes that Ella's thousands of customers have been asking for since the deli first launched in 2015, and each recipe has a beautiful photograph to show you how it should look. In addition to over 100 brand new plant-based recipes, for the first time we are treated to a personal insight into Ella's journey - how she grew her blog, which she began writing to help get herself well while suffering from illness, into a wellbeing brand - and all that she has learnt along the way, as well as what drives the Deliciously Ella philosophy and her team's passion for creating delicious healthy food. With diary excerpts that document the incredible journey that Deliciously Ella has taken and over 100 tried-and-tested irresistible recipes for every day, using simple, nourishing ingredients, this vegan bible will be a must-have for fans and food-lovers alike, it's also perfect for anyone looking to experiment with vegan cooking for the first time.**

100 all-new plant-based recipes by bestselling author Deliciously Ella. "Deliciously magnificent!" --Kris Carr, author of the NYT-bestselling Crazy Sexy Diet Ella's latest book features the most popular, tried-and-tested recipes from her supper clubs, pop-ups, and deli to show how delicious and abundant plant-based cooking can be. These simple vegan recipes cover everything from colourful salads to veggie burgers, falafel, creamy dips and sides, hearty one-pot curries and stews, speedy breakfasts, weekend brunches, muffins, cakes, and brownies.

They're the recipes that Ella's thousands of customers have been asking for since the deli first launched in 2015, and each recipe has a beautiful photograph to show you how it should look. In addition to the more than 100 brand-new plant-based recipes, for the first time we are treated to a personal insight into Ella's journey--how she grew her blog, which she began writing to help get herself well while suffering from illness, into a wellness brand--and all that she has learned along the way, as well as what drives the Deliciously Ella philosophy and her team's passion for creating delicious, healthy food. With diary excerpts that document the incredible journey that Deliciously Ella has taken and more than 100 irresistible recipes for every day using simple, nourishing ingredients, this stunning book will be a must-have for fans and food-lovers alike, and it's also perfect for anyone looking to experiment with vegan cooking for the first time.

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

Insanely Good, Vegan Gluten Free Recipes for Weight Loss & Wellbeing

Plant-Powered Families

100 Healthy, Foolproof and Frugal Plant-Based Vegan Recipes You Love Forever

No-Waste Save-the-Planet Vegan Cookbook

100 Incredibly Good Vegetarian Recipes That Take Plant-Based Air Frying in Amazing New Directions

Plant-Based Food in a Flash