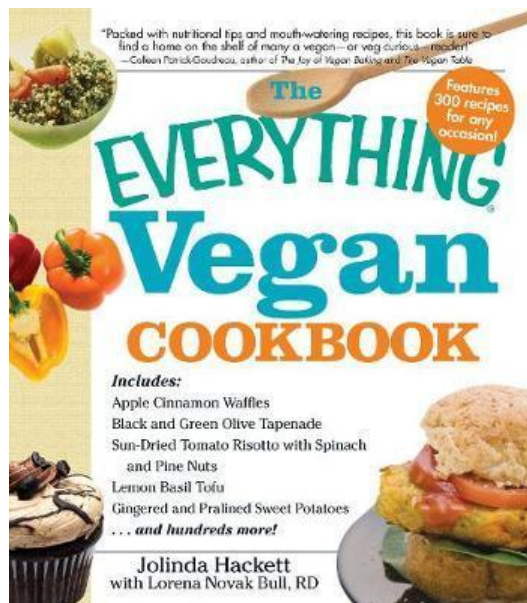


The Everything Vegan Cookbook [PDF] by Jolinda Hackett



Book details:

Author: *Jolinda Hackett*

Format: *304 pages*

Dimensions: *200.66 x 231.14mm*

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Plot:

Veganism is about more than just avoiding meat and dairy; it's about cooking and eating healthy food while being good to the planet. Luckily, being good to the planet can be delicious! The Everything Vegan Cookbook is filled with 300 recipes that you'll love, whether you're simply curious or a lifelong vegan, such as: Fat-Free Banana Bread, Curried Pumpkin Soup, Spicy Southern Jambalaya, Maple Cinnamon Breakfast Quinoa, Foolproof Vegan Fudge, Sweetheart Raspberry Lemon Cupcakes, Sinfully Delicious Vegan Ice Cream, Chocolate Mocha Ice Cream. Cooking for your family every day on wholesome vegan foods can be easy! From quick and easy recipes for hectic weeknights to indulgent breakfasts for lazy weekend mornings, you'll have the confidence you need to take on a healthy, meat- and dairy-free lifestyle.

See also:

About Jolinda Hackett

Jolinda Hackett (Santa Barbara, CA) has been vegetarian for nearly 20 years, and a plant-based vegan for nearly ten. Her knowledge of what people want to know about vegan food comes directly from the source: talking to thousands of people across the country one-on-one. She continues to counsel new vegetarians and vegans online as the About.com Guide to Vegetarian Food, where she maintains a topical blog, shares her favorite recipes, and provides individual support through email and forums.