
Vibe Cookbook 50 Plant Based Recipes From The Kit

The Family-Approved Vegetarian Cookbook
5-Ingredient Vegan Cooking
Bold Flavored Vegan Cooking
Vegan Cookbook
Plant-Based on a Budget
Hippie Eats
Eaternity
Plant-based Vegan & Gluten-free Cooking with Essential Oils: Your Kitchen Companion for a High-vibe Life
Vegan Cookbook
The Spicy Plant-Based Cookbook
Healthy Vegan, Happy Body
My New Roots
Vegan Soul Food Cookbook
Park + Vine Cookbook
Effortless Vegan
The Clean Vegan Cookbook
Oh She Glows Every Day
The Plant-Based Cookbook
Vibe Cookbook
The Vegan Cookbook for Kids
Vegan Boards
How Can It Be Vegan Cookbook
The Plantpower Way
The Wholesome Plant-based Way
Simply Vibrant
Vegan Soul Kitchen
Sweet Potato Soul Vegan Vibes
Plant-Based Diet Cookbook for Beginners
Minimalist Baker's Everyday Cooking
Love Soup: 160 All-New Vegetarian Recipes from the Author of The Vegetarian Epicure
The Plant Based Cookbook
Vegan Diet
hot for food all day
The Korean Vegan Cookbook
Love is Served
Be A Plant-Based Woman Warrior
The Big Book of Vegan Cooking
The Veggie-lover's Cookbook

Body Harmony
For the Love of Eating

*Vibe Cookbook 50 Plant Based Recipes
From The Kit*

Downloaded from ftp.bonide.com by
guest

EILEEN REGINA

The Family-Approved Vegetarian Cookbook Sourcebooks, Inc. The simplest "introduction to plant-based eating" cookbook with an approachable yet crave-worthy take on health-conscious cuisine. Two (former) competitive bodybuilders turned crunchy hippie mamas have joined forces to share health-forward recipes from their daily lifestyles. Amber, a 4X cover fitness model, influencer, mama and entrepreneur, and Brittany, wellness blogger, writer, mama and author, have learned over the years how to prepare healthy, plant-heavy meals for their families--without sacrificing flavor. After winning over picky husbands, toddlers and friends alike, they were convinced to create a cookbook to help you fool your family and friends into healthier, plant-heavy eating, too! These recipes are for everyone! Hippie Eats caters to those with food allergies, sensitivities and dietary restrictions by being gluten-free, dairy-free, peanut-free, fish-free, shellfish-free, soy-free and vegan-friendly. Although the great majority of the recipes are vegan, a handful of recipes are available for omnivores. All recipes that are not entirely vegan provide a simple 1:1 replacement. From sweet noms like strawberry cake donuts, simple smoothies and savory dishes, like creamy potato and kale soup, Hippie Eats will provide instant family classics. More than just a cookbook, this hippie mama duo has you covered by including a health-forward grocery list, sharing healthier swaps and nutrition tips to enhance your lifestyle for years to come. This isn't just a book of kale salads, it's a book with all the good stuff we know and love, with a healthier, hippie twist. "Everyone has a story and it all starts somewhere. This is ours. From "buff bodybuilding babes" with similar pasts of diet extremes, to finally achieving a balanced lifestyle in nutrition, health and total wellness. We believe the food we eat is more than just a meal, it's a conscious choice to nourish the body from the inside out. Because to us, health really is wealth. Eat like a hippie!" -Brittany Bacinski & Amber Fokken
[5-Ingredient Vegan Cooking](#) Hay House, Inc

Innovative, animal-free recipes inspired by African-American and Southern cooking, from an award-winning chef and co-author of Grub: Ideas for an Urban Organic Kitchen.

Bold Flavored Vegan Cooking Laughing Rain, Incorporated The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

[Vegan Cookbook](#) Penguin
Delicious Vegan Meals That Kick Processed Ingredients to the Curb Eating plant-based has never been more nourishing or satisfying! From Jackie Akerberg, creator of the popular food blog Jackfruitful Kitchen, comes a mouthwatering collection of inspiring, whole-food recipes that go way beyond your typical salad and are completely free from processed ingredients. By cutting the junk and focusing on wholesome, plant-based meals, you'll reap all of the health benefits that the vegan diet has to offer: improved digestion, clearer skin and higher energy, just to name a few! With this cookbook, it's easier than ever to eat 100% clean and 100% vegan (not to mention 100% gluten-free!) throughout the day, as Jackie has you covered with delicious dishes from breakfast through dessert, like: • Best Ever Veggie Burgers • Bang-Bang Baja "Shrimp" Tacos • Super Greens Goddess Pasta • Get Up and Go Super Seed Bread • Curried Red

Lentil Coconut Soup • Power-Packed Blueberry Pancakes • Apple Pie Cheesecake Bites • And so many more! Every single recipe has been carefully crafted from wholesome ingredients to provide maximum flavor and a clean eating experience like no other. So what are you waiting for? Kiss processed meals goodbye and say hello to all that a whole-food vegan diet can do for you. You'll be eating healthier than ever and feeling like the very best version of yourself in no time!

Plant-Based on a Budget Penguin

The original "Julia Child of plant-based cooking" teams up with her daughter to offer a multigenerational celebration of the power of a plant-based lifestyle—with 125 recipes. The Esselstyn family is three generations plant-based strong. Encouraged to create recipes without dairy and meat when her husband's research pointed to the impact of diet on reversing disease, Ann Esselstyn began feeding her family creative, plant-based meals more than thirty years ago. She and her daughter, Jane Esselstyn, are bolts of energy from the same strike of lightning and have become fierce, big-spirited advocates for a plant-based lifestyle, reaching hundreds of thousands of fans through their previous books and their popular YouTube channel. At eighty-six and fifty-six, respectively, Ann and Jane are pictures of ageless health and vibrancy and spend their days hiking, doing yoga, gardening, cooking, and spreading the message that diet is the key to living a happy, strong, and disease-free life. Be a Plant-Based Woman Warrior explains how women everywhere can pass on this important legacy in their own families through the generations, and illuminates how plants powerfully support a woman's body and mind. This cookbook is a call to action and a message of hope for any and all to be Plant-Based Women Warriors filled with vitality and in control of their own health. Be a Plant-Based Woman Warrior includes more than 125 recipes made for women on the go, from Apple Flax Flapjacks and Black Ramen Bowls, to Portobello Sliders with Green Goddess Sauce, to Mint Chip Outta Sight Brownies. And it includes big-flavored dinners like Sweet Potato and Cashew Ricotta Lasagna and Plant-Based Pad Thai, sure to tempt even the most reluctant vegetable-focused eaters. Full of life, captivating energy, and delicious food, this cookbook

brings readers to the Esselstyn family table, where plants and joy are at the center.

Hippie Eats Createspace Independent Publishing Platform

A colorful take on whole foods cooking--everyday dishes that are seasonal, clean, and nourishing, from the author of *The Vibrant Table*. With everyday recipes inspired by the seasons and practical preparations, Anya Kassoﬀ leads the way to colorful, internationally-flavored foods that delight the palate and the eyes. This book offers a modern way to eat—breaking the boundaries between sweet and savory with intuitively nourishing foods. Start your day with Creamy Steel Cut Oats with Rainbow Chard and Pine Nuts, throw together a rainbow-colored salad for lunch or make black rice sushi for a quick snack, and later, feed your sweet tooth and your body with Sweet Potato Chocolate Brownies. This is fresh, fun, delightful whole food.

Eternity Harvard Common Press

A Handful of Ingredients, Endless Flavorful Vegan Meals Vegan cooking is simple and straightforward with Kate Friedman's delicious plant-based recipes. Using just a few high-quality kitchen staples, you can whip up a brunch that'll please a crowd, get dinner on the table pronto or find the perfect healthy snack to keep you full between meals—all while skipping processed or hard-to-find ingredients. Dinnertime favorites like Butternut Squash Gnocchi with Browned Butter Sauce & Crispy Sage and One-Pot Sun-Dried Tomato & Chickpea Stew use techniques like browning butter and toasting tomato paste to add a little extra oomph and make the most of each ingredient. Nutritious options like Roasted Beet & Farro Salad and One-Pot Asparagus & White Bean Soup make the perfect lunch or light dinner. And don't forget about dessert! Kate uses vegan favorites like tofu, chickpeas and chia seeds to make the perfect sweet treat for the end of your day in recipes like Minimalist Chocolate-Espresso Mousse and Chickpea Chocolate Chip Cookie Dough. With tips and tricks for building the perfect vegan pantry to accompany mouthwatering recipes, Kate makes plant-based cooking easier and more accessible than ever.

Plant-based Vegan & Gluten-free Cooking with Essential Oils: Your Kitchen Companion for a High-vibe Life Skyhorse

Prep your ingredients, and be ready to lose weight! Eric Shaffer, Blogger, Food Enthusiast "The Key to My Weight Loss" Here's the real kicker This is the Most Exclusive Recipe Book Ever. Unlike

other cookbooks, guidance and recipes, this book has been created to focus on Easy Vegan Recipes and The Most Explosive Flavors. You'll Never Guess What Makes These Vegan Diet Recipes So Unique! After reading this book, you will be able to: Combine Unusual Flavors Try Unique Recipes Check Helpful Photographs And Tables Get Equally Delicious Results Find Ideal Recipes For Beginners Get ingredients For The Perfect Vegan or Vegetarian Meal These vegan recipes are fantastic for satisfying all your family members! crowd-pleasing mouth-watering vegan budget-friendly high in protein healthy Now, you're probably wondering... Why you need this book? These vegan recipes will give you: Good time with family & friends More flavor, smell, and, yes, the compliments. Opportunity to eat healthy Dinnertime secrets Tender meals and unique taste Whether you're looking for a beginner's guide, seeking some vegan dinner ideas, or just trying to get some vegan or vegetarian recipes you'll be inspired to start cooking! "Umm, what now? Here's Some Vegan Recipes To Try! Indian Summer Tuscan Quinoa Salad Sweet Potato Quinoa Bloom Salad Mystic Herbed Butternut Squash Bites Banjo Cabbage Steaks with Tahini Sauce La Concuna Olives Spread Plethora Garlicky Eggplant Casserole Bravo Vegan Lasagna Salud Pasta and Peas Salad Use these vegan recipes, and start cooking today! Impress your family with these easy to make & healthy vegan recipes! Scroll up to the top of the page & Get once in a lifetime opportunity to try these incredible vegan recipes

Vegan Cookbook Sourcebooks, Inc.

Bright, clean, and hip recipes to enchant vegans, vegetarians, and omnivores alike, from plant-based haven Café Gratitude. Before it was a fixture on the L.A. dining scene and a magnet for celebrity diners, Café Gratitude was founded in the Bay Area with the simple ethos that joy derives from loving and being grateful for food, health, and good company. The dishes are named to double as affirmations of self. "I Am Fearless," "I Am Humble," and "I Am Open-Hearted" nod to the restaurant's core belief that food is just as much about spirit as it is about appetite. Since then, the café has evolved quite a bit. It's changed locations, expanded, and been the backdrop for more paparazzi shots than one can count. But the founding principles have remained the same, and the food continues to celebrate the flavors of plants with organic, from-scratch, and healthful ingredients free of animal products, processed soy, and, in almost all cases, refined sweeteners. Now,

with Love is Served, Seizan Dreux Ellis, executive chef at Café Gratitude, brings Gratitude-quality meals to your table and the soul and mission of the restaurant to your home. Indulge in café favorites "I Am Awakening" (Raw Key Lime Pie) and "I Am Passionate" (Black Lava Cake) while cooking up hearty, nourishing dishes like Grilled Polenta with Mushroom Ragout ("I Am Warm-Hearted") and Radicchio, Roasted Butternut Squash, and Sundried Tomato Pesto Grain Salad ("I Am Gracious"). With unfussy methods and easy-to-access ingredients, this cookbook makes the wholesome satisfaction of the restaurant as accessible as ever for the home cook as it charms and inspires readers to change the way they look at food.

The Spicy Plant-Based Cookbook Shambhala Publications

An instant New York Times bestseller! Angela Liddon's eagerly awaited follow-up to the New York Times bestseller *The Oh She Glows Cookbook*, featuring more than one hundred quick-and-easy whole-foods, plant-based recipes to keep you glowing every day of the year. Angela Liddon's irresistible and foolproof recipes have become the gold standard for plant-based cooking. Her phenomenally popular blog and New York Times–bestselling debut, *The Oh She Glows Cookbook*, have amassed millions of fans eager for her latest collection of creative and accessible recipes. Now, in this highly anticipated follow-up cookbook, Liddon shares wildly delicious recipes that are perfect for busy lifestyles, promising to make plant-based eating convenient every day of the week—including holidays and special occasions! Filled with more than one hundred family-friendly recipes everyone will love, like Oh Em Gee Veggie Burgers, Fusilli Lentil-Mushroom Bolognese, and Ultimate Flourless Brownies, *Oh She Glows Every Day* also includes useful information on essential pantry ingredients and tips on making recipes kid-, allergy-, and freezer-friendly. A beautiful go-to cookbook from one of the Internet's most beloved cooking stars, *Oh She Glows Every Day* proves that it's possible to cook simple, nourishing, and tasty meals—even on a busy schedule.

Healthy Vegan, Happy Body BenBella Books

You went vegan, now go healthy vegan When you have the foods you love every day, eating healthy is hassle-free. Vegan cookbooks like *Healthy Vegan, Happy Body* can be your all-in-one resource for reaping the many benefits of a healthy vegan diet. Think extra energy, reduced inflammation, and even financial

savings! Vegan cookbooks like this can help you discover the uniquely satisfying flavors of a plant-based diet with recipes like Pad Thai, World's Healthiest Mac and Cheese, and Mint Chocolate Chip Nice Cream. With go-to information on a healthy vegan lifestyle and recipes that minimize salt, oil, and refined flours and sugars, becoming a healthy vegan using vegan cookbooks has never been so easy or tasty. Inside one of the most comprehensive vegan cookbooks, you'll find: Stock and prep—Make the transition to healthy eating fast and simple using the included tips to set up your kitchen with pantry essentials and nourishing staples. Easy labels—Find the perfect dishes for you with clearly marked labels to show whether recipes are gluten-free, leftover-friendly, fast to prepare, and more. WFPB options—For vegans who abide by the whole-foods, plant-based diet, look for numerous recipes that eliminate salt, oil, sugar, and other processed foods, plus tips for making other recipes WFPB-friendly. See how vegan cookbooks like Healthy Vegan, Happy Body are the key to loving what you eat.

My New Roots Simon and Schuster

This book will appeal to anyone seeking greater vitality and a healthier life in an exciting way. Every recipe in this book is plant-based and gluten free, and for ease and convenience, each recipe is complete with detailed cooking instructions. Whether your goal is to lose weight without spending hours in the gym, improve your family's health, discover healthy alternatives to sugar and carb-laden foods, transition to a healthy lifestyle or you simply want to add decades to your life with the right diet, this book is written to empower you with deep and riveting information. This book consists of simple chapters - What is Vegan Diet - The Benefits of Vegan Diet - COMPLETE 15 days Vegan Diet Plan - 50 above Vegan Recipes - Much Much More !! So if you are still looking for the best vegetarian book to use, your search should be over, because this book will be your best choice and you will never regret reading it. You will be able to discover the main key secrets that will help you come up with your own vegetarian delicious recipes with clear directions. Your Vegetarian way to a healthy life journey will represent you to a wide variety of delicious vegetarian recipes that will cover succulent vegetable mains, grains and rice, sot, beans and more. Scroll to the top of the page and select the buy button.

Vegan Soul Food Cookbook Penguin

Soul food goes vegan—101 plant-based takes on comfort food classics If you love classic soul food but are hungry for options that don't rely on meat or dairy, the Vegan Soul Food Cookbook is here to delight your taste buds. It's full of mouthwatering, plant-based versions of comforting favorites like Gumbo, Biscuits and Gravy, and Cajun Fried "Chicken" that are totally vegan but still hearty, delicious, and satisfying. This vegan soul food cookbook features: Authentic flavors for everyone—Dig in to 101 modern twists on soul food staples that use only wholesome, plant-based ingredients. Easy and accessible—These recipes only include vegan ingredients that are affordable, easy to find, and easy to prepare at home. The vegan basics—Get a crash course in what it means to go vegan, how it helps your health (and the environment), and the fundamentals of veganizing comfort foods. Savor a new take on beloved soul food favorites with the Vegan Soul Food Cookbook.

Park + Vine Cookbook Independently Published

How Can It Be Vegan Cookbook? Unveiling the Delicious World of Plant-Based Feasts Have you ever stared longingly at a dish, wishing you could indulge, only to be held back by dietary choices? Imagine a world where your favorite comfort foods, from hearty stews to decadent desserts, are reimagined as vibrant, flavorful, and 100% plant-based culinary creations. "How Can It Be Vegan Cookbook?" by renowned chef and vegan advocate Scott A. Carlton, shatters the myth that plant-based meals lack taste and satisfaction. Embark on a culinary adventure with over 50 innovative recipes spanning breakfast, lunch, dinner, snacks, and desserts. Dive into delightful appetizers like crispy baked tofu wings, tantalize your taste buds with creamy vegan mac and "cheese," and indulge in guilt-free desserts like chocolate chip cookies that melt in your mouth. This comprehensive guide goes beyond mere recipes: Explore global flavors: Discover the versatility of plant-based cuisine with dishes inspired by cuisines from around the world, from Thai curries to Mexican enchiladas. Master new techniques: Learn practical cooking skills and substitutions that make vegan cooking accessible, even for beginners. Cater to dietary needs: With gluten-free and nut-free options available, everyone can enjoy the deliciousness of plant-based food. Visual inspiration: Stunning photography accompanies every recipe, making each dish come to life and inspiring your culinary journey. "How Can It Be Vegan Cookbook?"

is more than just a cookbook; it's a gateway to a healthier, happier, and more delicious life. Unlock the power of plant-based eating: Nurture your body with wholesome ingredients that nourish you and the planet. Discover a world of flavor: Expand your culinary horizons and experience the diversity and excitement of plant-based cuisine. Simplify your cooking: Easy-to-follow instructions and practical tips make vegan cooking accessible to everyone, regardless of experience. Don't just dream about your favorite dishes - make them a reality! Dive into "How Can It Be Vegan Cookbook?" and discover the delicious answer to a healthier and more flavorful life.

Effortless Vegan Penguin

Excite Your Taste Buds with Big Flavors Celine Steen, founder of the popular food blog Have Cake Will Travel, embraces dynamic seasoning with umami-rich, meat-free ingredients like dried shiitake mushrooms, tamari, miso and matcha. Celine adds new levels of flavor to your favorite dishes with unique combinations of aromatic spices, from Szechuan peppercorn to dried árbol chiles. Her dishes are nothing short of bold and memorable. Whether you're craving something savory like Caramelized Jackfruit Tacos, spicy like Moroccan-Flavored Stuffed Squash or sweet like Miso Caramel Galette, Celine has you covered. With gluten-free, soy-free and oil-free options and meals that can be prepared in 30 minutes or less, Bold Flavored Vegan Cooking will ensure you keep coming back for more.

The Clean Vegan Cookbook Independently Published

100 new vegan recipes that bring fun to the plate for every meal of the day, from the bestselling author of Sweet Potato Soul. Jenné Claiborne knows that vegans have more fun. She's been enjoying the vibrant health, energy, and joy from eating plants for 13 years—vegan vibes—and during that time, the vegan space has exploded, with fake meats and cheeses, fast foods, and processed treats galore. While exciting, these options don't tap into the vibrancy of the vegetable world. In Vegan Vibes, Jenné invites you to fall in love with cooking and eating plants, in their delicious and vibrant diversity. After stints in New York City and Los Angeles, she's returned to her hometown of Atlanta, Georgia, where she is freshly inspired in her vegan kitchen by the city's multicultural influences: collard green soup mellowed by miso, sweet potatoes crisped in the air fryer and heated with jerk seasoning, and corn ribs kissed by Korean gochujang sauce. Now

that Jenné's a mom, she's transforming her favorite veggies into quick and easy crowd-pleasing meals. Vegan Vibes offers 100 dishes that are almost as much fun to make as they are to eat. That means laid-back whole food-based ingredient lists plus straightforward, no-fail techniques. And her unique flair for flavor elevates the simplest dish: for example, a citrus spin on Mushroom Carnitas Tacos, Watermelon Gazpacho for the ultimate refreshing soup, and Magical Hummus packed with umami mushroom flavor. With gorgeous photography for each recipe, Vegan Vibes includes: Super yummy breakfasts: Indian Tofu Scramble, Rose Tahini Granola Killer apps, snacks, and salads: Beet Latkes, Bali Shaved Brussels Salad Comforting soups: Sweet Potato Bisque Hearty entrees: Curried Red Bean Tacos, Korean Pulled Shroom Sandwiches, Black Bean Pizza Perfect beverages: Dirty Candy Sour, Pineapple Rose Sangria Drool-worthy desserts Miso Caramel Banana Pudding, Cardamom Brown Sugar Pound Cake Brimming with unexpected, flavorful preparations of wholesome plants, Vegan Vibes is the cookbook that puts fun and joy on the vegan plate.

Oh She Glows Every Day Penguin

Lose Weight, Improve Your Health And Help Save The Planet With These Delicious Recipes! Did you know that a single change to your diet can: boost your heart health and lower your risk of heart attacks and strokes? reduce the stress on your kidneys? reduce the risk of some cancers? promote healthy weight loss? This change is eating less meat! By reducing your meat consumption, you'll also help slow down climate change and reduce cruelty towards animals. You can start by only eating meat occasionally and go as far as avoiding all animal products altogether. However, becoming a vegetarian and especially a vegan is a culinary challenge. Did you know that the average person knows how to cook five meals? If your cooking skills are close to average and most of your favorite meals feature animal products, you'll quickly run out of plant-based meal ideas. This book is here to save you. No matter if you're just looking to reduce your meat consumption or planning to jump directly to strict veganism, the 50 plant-based meals in this cookbook are sure to inspire you. Here's what you'll find in the book: Some surprising health benefits of plant-based diets A handy guide to supplements that will help you prevent nutrient deficiencies 50 mouth-watering plant-based recipes

Photos and detailed instructions that make the recipes fun an easy to follow Lots of culinary inspiration! The wide variety of recipes presented in the book guarantees that you'll be getting enough high-quality protein to support healthy weight loss and intense physical activity. The recipes have been carefully selected so that they don't require any specialized equipment or advanced cooking skills. You'll nail them even if you're a complete beginner! Plant-based nutrition is healthy and delicious. Discover it now! Scroll up, click on "Buy Now with 1-Click", and Get Your Copy Now!

The Plant-Based Cookbook Createspace Independent Publishing Platform

VIBE cafes debut cookbook featuring more than 50 healthy inspired recipes from their professional International vegan chefs with tips, advice and techniques to help you make them easily at home as the building blocks to a healthier way of eating. From the kitchens of VIBE Cafe, these recipes are their best-sellers from their menu and have been tested by over 1/2 million customers in their cafes in Cambodia. Inspired by Founder, Emma Fountain's food philosophy of focusing on natural, honest ingredients, just as mother nature intended - no shortcuts, no chemicals, no compromise. She believes that food is our medicinal dispensary that can offer us healing properties for optimum wellness. It embodies their 'from scratch' ethos, which means you have access to recipes from everything to dressings, condiments, nut based cheeses, fermented pickles, infusions, etc. Learn recipes that will make you feel more vibrant, nourished and alive including smoothie bowls, breakfast, lunch, dinner, cakes, sweet snacks, tonics, elixirs, juices, smoothies, wellness shots, milks, medicinal hot drinks, condiments and infusions each with beautiful photos and easy to follow technical instructions from trained plant-based chefs. This book is for both those who are just embarking on a health journey through food and those who already regularly make plant-based meals. It's not just for vegans, but also those who want to eat flavorful, delicious and creative food.

Vibe Cookbook Da Capo Lifelong Books

Easy, tasty vegan recipes for young chefs ages 8-12 Kids in the kitchen know how to have fun—and eat well, too! Have a blast

cooking (and devouring) delicious meals with The Vegan Cookbook for Kids. This kids cookbook is packed with easy-to-follow recipes for flavorful vegan food. Now you can create scrumptious vegan meals with your own two hands—and share them with your family and friends! This kids cookbook starts by teaching you about common plant-based ingredients, essential kitchen tools, and cooking safety guidelines. Get more comfortable in the kitchen as you cook with tips and ideas to help you become a better chef. Plus, you'll keep it simple with the recipes in this kids cookbook—they use mostly easy-to-find, inexpensive ingredients. Dig into a kids cookbook that has: 50 Yummy recipes—Dish out a variety of recipes, like Cinnamon Swirl Pancakes, Creamy Buffalo Cauliflower Dip, Fruity Spinach Salad, Enchilada Casserole, and lots more! Vegan adventures—This kids cookbook includes dishes from different cuisines, so you can explore which foods and flavors you like best. Kitchen know-how—Brush up on skills like accurate measuring, safe chopping and slicing, food prepping, and even tofu preparation. Are you hungry yet? Get cooking with this fun, easy plant-based kids cookbook!

The Vegan Cookbook for Kids Simon and Schuster

A transformative family lifestyle guide on the power of plant-based eating—with 120 recipes—from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt, The Plantpower Way shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, The Plantpower Way has more than 120 delicious, easy-to-prepare whole food recipes, including hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core, The Plantpower Way is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. The Plantpower Way is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.