

Get Free Cook Share Eat  
Vegan: Delicious Plant Based  
Recipes For Everyone

# **Cook Share Eat Vegan: Delicious Plant Based Recipes For Everyone**

Winner of the Lifestyle Non-Fiction Book of the Year award at the British Book Awards 2019! 'The vegan Jamie Olivers' The Times  
With 80 delicious, plant-based recipes and nourishing meal plans  
Going vegan can be a daunting prospect. Many familiar foods and products are out of bounds, and it can be hard to know how to enjoy a healthy, tasty diet. In

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her new book, top vegan author Aine Carlin guides you through the process of adopting a vegan lifestyle, with tips on what to tell people about your new diet, what you can eat at a restaurant, dealing with cravings and her take on vegan-friendly fashion (in 2015, she was named Most Stylish Vegan by PETA). There are more than 90 tempting recipes carefully tailored to people giving up meat, fish and dairy for the first time, including Jerk-marinated Cauliflower Steaks for a main course

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and Macadamia and Blueberry Cream Pie for dessert, and there are also delicious selections of raw and gluten-free dishes.

Learn how to make your own plant milk, nut cream and even vegan-friendly beauty products. Aine's practical advice, non-judgemental approach and tempting recipes are the perfect tools as you begin your vegan journey.

Vegan food has come a long way in the past decade. The once ubiquitous dry, packaged veggie burger is no longer the poster child

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for an animal-free diet. It has evolved into a creative, sophisticated cuisine touted by the likes of Food & Wine magazine. Long at the fore of vegan blogging and cooking, Dreena Burton has been known for making healthy taste delicious. Let Them Eat Vegan! distills more than fifteen years of recipe development that emphasize unrefined, less-processed ingredients--no white flour or white sugar, but instead whole-grain flours, natural sweeteners, raw foods, and plenty of beans 'n greens. There's no

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relying on meat analogues here, either--just hearty, healthy food that looks and tastes great. As the mother of three young girls, Burton always keeps their nutrition--and taste buds--in mind. From the simplest comfort foods like Warm "Vegveeta" Cheese Sauce to the more sophisticated Anise- and Coriander-Infused Orange Lentil Soup, these recipes will delight and inspire even the pickiest eaters and provide lifelong vegans with the innovative, wholesome recipes they've always wanted.

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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.

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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

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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



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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.

Everyday Food for Everyone  
Maximum flavour, minimum fuss: the ultimate in vegan food

Easy Vegan Home Cooking  
The Simply Vegan Cookbook

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Vegan: Delicious Plant Based  
Recipes For Everyone

Let Them Eat Vegan!  
Affordable, Easy & Delicious  
Vegan Cooking  
Over 125 Plant-Based and  
Gluten-Free Recipes for  
Wholesome Family Meals  
The Shared Table

This book is both for newbies eager to explore veganism, and experienced vegans looking to expand their recipe collection. It is the perfect companion for beginners and contains easy guidelines on becoming vegan and following a sustainable clean eating diet. It will teach you everything you need to know in order to adopt the vegan lifestyle, including:\*

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veganism and common  
misconceptions \* Foods to  
avoid\* Ingredients to shop  
for\* Useful tips for cooking  
vegan and eating vegan when  
dining out\* 35 Delicious and  
Easy recipes for clean and  
healthy vegan meals\*  
Nutritional information with  
each recipe to help you  
balance your diet. Much  
moreThe hearty and  
delectable meals contained  
in this book will introduce  
you to a whole new world of  
nutritious foods that keep  
you healthy, fit, and  
active. You will discover  
new recipes for breakfast,  
lunch, dinner, soups,  
salads, deserts, stews, and  
sides, to keep you and your

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loved ones well fed at any time of the day. Add these 35 exciting vegan recipes to your meal plan, and surprise your family and friends with your expanded collection of delicious vegan recipes. Looking for exciting vegan food when you are out and about? Put flavour back into your lunch box with delicious, healthy meals that you can take anywhere. With a focus on easy and affordable vegan lunch ideas, Vegan on the Go packs 100 vegan recipes into its pages, including plant based snacks and sandwiches, soup recipes, salad recipes, dessert recipes, and more. Whip up portable, quick

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meals including vegan pizza, polenta parcels, sweet potato burgers, courgetti salad, and tofu sushi. Vegan on the Go tells you exactly how long you need to prepare and cook each lunchbox recipe, with mouth-watering photographs of every dish to whet your appetite. Discover top tips on which ingredients to stock up on, and how to store and transport your vegan lunches to ensure they taste fresh and flavoursome every time. Family friendly, plant-based and gluten-free recipes from PBS Celebrity Chef Laura Theodore. Whether you are an accomplished vegan chef or just learning the craft of

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creating pleasing plant-based meals for your family, it is essential to find recipes that are delicious and easy to prepare.

Celebrity chef Laura

Theodore shows you how in Easy Vegan Home Cooking.

Featuring healthy recipes that require eight

ingredients or fewer and

focusing on bountiful

breakfasts, light lunches,

satisfying suppers, and

delightful desserts, Easy

Vegan Home Cooking is

designed to please vegans,

vegetarians, and omnivores

alike. Easy Vegan Home

Cooking takes the guesswork

out of eating healthier by

sharing shopping lists,

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pantry “must-haves,” quick cooking tips, flavor enhancers, and effective plant-based substitutions. "In The Vegan Family Cookbook, Anna shows busy families how simple, flavourful, and versatile plant-based cooking can be. Even on days when you don't have time to do a grocery shop, her easily customizable templates allow you to use what you have on hand to build your own meals. Genius! With The Vegan Family Cookbook in your arsenal, you'll feel ready to tackle just about any kitchen dilemma!" ANGELA LIDDON, bestselling author of The Oh She Glows

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Cookbook, *Oh She Glows Every Day*, and *Oh She Glows for Dinner* from the creator of the popular Instagram *Easy Animal Free*, 100 simple and delicious vegan recipes that will impress your family and get plant-based meals on the table in no time flat. We all dread the "what's for dinner" question, but really, the prospect of cooking a meal is often less stressful than figuring out what to make in the first place. For many years, Anna Pippus found herself tired at the thought of whipping up dinner on a nightly basis, until she changed how she tackled mealtime. In *The Vegan Family Cookbook*, Anna



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shows us what works for her family, sharing her tried-and-true vegan recipes. We're guided through her weekly cooking routine, as she equips us with her key to success: daily cooking themes. Mondays are for pasta, Tuesdays for meals in bowl, Wednesday are devoted to one-pot dishes, and on Thursday, it's all about stir-fries. Anna's recipes are easy to approach, but more importantly, are perfect for the whole family. Kids will love fun, simple options, like Peanut Butter Banana Waffles and Mac and Cheesy with Broccoli (to name only a few!), while adults and parents will

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appreciate fuss-free takes on classics, such as Sesame Soba Noodles with Kale and Edamame, Lighter Kale Pesto Pasta, and Crispy Sweet and Sticky Tofu. The Vegan Family Cookbook is also filled with scrumptious ideas for breakfast, lunch, and snack time, to round out this family-friendly collection. Anna not only shows us what to cook, but how to cook delicious vegan food. Many of us rely on recipes, but we can quickly learn to substitute and adapt based on what we have and what we like. This is Anna's secret to making daily cooking sustainable and enjoyable. The Vegan

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Family Cookbook is filled with foundational cooking building blocks, like how to ensure your vegan dishes include enough flavour and texture and how to cook beans, legumes, and grains to then create nutritionally balanced plant-based meals. In everyday life, we need practical meals that come together with minimal fuss. With this book at your side, you'll become a confident and resourceful home cook (with or without recipes), bringing your family the best of what nature has to offer every day of the week. Think you know vegan cooking? Lengthy, complicated recipe lists,

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expensive, hard-to-find ingredients, flavourless food? Think again! Let Aine Carlin, creator of popular vegan lifestyle blog Pea Soup Eats, enlighten you with her delicious recipes and straightforward tips. Keep it simple with easy-to-follow recipes, using a sensible number of ingredients that can be found in your local supermarket. Keep it tasty with chapters including Breakfast, Brunch & More, Light Lunches & Simple Suppers, Something Special, Sauces & Sides and Sweet Treats. Delight your senses and tantalise your tastebuds with Rosemary and Pear

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Stuffed French Toast,  
Santorini Spaghetti or Sweet  
Potato Sushi. Keep it fun -  
Aine is a truly creative  
cook who loves to whip up  
dishes that burst with  
colour and flavour, such as  
her Zesty Watermelon &  
Bulgar Wheat Salad. And  
don't be fooled into  
thinking there's no room for  
treats - Fudgy Brownies,  
anyone? But most of all,  
Keep it Vegan! With this  
gorgeous selection of 100  
simple, tasty and fun  
recipes, newcomers and long-  
time vegans alike will find  
plenty to keep them well-fed  
and inspired. The vegan diet  
is great for your health,  
bank balance and the

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environment, so what are you waiting for? Dive in and discover these vegan delights.

A Delicious Guide to Plant-Based Cooking for Better Health and a Better World  
The Vegan Family Cookbook  
The Vegan 8

Delicious plant-based recipes for Everyone  
Delicious Plant-Based Recipes You Can Cook in 15 Minutes or Less

Nistisima  
Vegan in 15  
Easy Vegan

**Put flavour and flexibility at the heart of your kitchen with Rachel Ama's One Pot: Three Ways. Rachel Ama is reframing vegan cooking. Create a veg-packed centrepiece dish in one**

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**pan/pot/tray and choose from three creative and flavoursome ways to either serve it up with just a few ingredients or transform it into something else entirely. The options are endless - level up your leftovers and create a new feast each day, scale portions up or down, cook all three serving options for a vegan feast with friends, or freeze leftovers to refresh later when you're strapped for time - whatever you choose, this way of cooking will help you have dinner part-ready-and-waiting, making plant-based eating feel even more achievable every day.**

**Transform or serve Peri Peri**

**Mushrooms with: 1. Peri Peri Pittas 2.**

**Potato Wedges & Slaw 3. Peri Peri**

**Charred Sweetcorn Salad Bowls Serve**

**up or refresh Caribbean Curried Jack**

**into: 1. Coconut Rice & Coleslaw 2.**

**Coconut Flatbreads with Tomato & Red**

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**Onion Salad 3. Caribbean Patties with Orange & Avocado Salad Rachel creates her recipes by moving through 'stations' in the kitchen, weaving together fresh ingredients, pantry staples, and, most importantly, the 'flavour station', where she adds spices, dried herbs and those all-important sauces to really bring each dish to life. So pick up Rachel's handy tips to help you live a vegan lifestyle simply and deliciously.**

**‘A cracking cookbook bursting with delicious plant-based recipes’ BOSH! What do Vegans Eat? The mystery is there is no mystery, from comforting Italian dishes to Sunday Roasts and Simple Suppers – vegans can have it all! Ellen DeGeneres' personal chef, Roberto Martin, shares over 125 delicious vegan recipes he's created for Ellen DeGeneres and Portia de Rossi**



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**that he hopes will make healthy vegan cooking accessible and easy for everyone. Portia de Rossi explains in her foreword, "Roberto taught me that the key to making good food vegan is substitution ... you can enjoy all your favorite foods and never feel deprived." Some of the standouts Martin, a Culinary Institute of America-trained chef, has developed for Ellen and Portia include: Banana and Oatmeal Pancakes, Avocado Reuben, Red Beans and Rice, "Chick'n" Pot Pie, and Chocolate Cheesecake. Featuring mouthwatering photographs by award-winning food photographer, Quentin Bacon, this cookbook will appeal to die-hard carnivores and vegetarians alike. Live well and feel great - go vegan in 15... Full of flavour and character, and containing all the nutrients you need for optimum health, Kate Ford's**

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**irresistible recipes will inspire you to get the most out of a vegan lifestyle, whether you are an established green eater or simply looking for a way to begin.**

**Lifestyle Non-Fiction Book of the Year 2019 As seen on ITV's Living on the Veg "The vegan Jamie Olivers" The Times Want to cook ridiculously good plant-based food from scratch but have no idea where to start? With over 140 incredibly easy and outrageously tasty all plants meals, BOSH! The Cookbook will be your guide. Henry Firth and Ian Theasby, creators of the world's biggest and fastest-growing plant-based platform, BOSH!, are the new faces of the food revolution. Their online channels have over 2.3 million fans and constantly inspire people to cook ultra-tasty & super simple recipes at home. Always ensuring they stick to fresh,**

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**supermarket-friendly ingredients, BOSH! truly is "plant-based food for everyone". In BOSH! The Cookbook, Ian and Henry share over 140 of their favourite go-to breakfasts, crowd-pleasing party pieces, hearty dinners, sumptuous desserts & incredible sharing cocktails. The book is jam-packed with fun, unpretentious and mega satisfying recipes, including Creamy Mac and Greens, Burrito Samosas, the Big Bhaji Burger, the World's Best Pesto Lasagne, Satay Sweet Potato BOSH! Bowl, Spanish Beach Churros, Gooey PBJ Brownies and Salted Caramel Chocolate Crunch Tart, all easy enough to be rustled up any night of the week. It's enough to convince the staunchest of carnivores to give plants a whirl. Whether you're already sold on the plant-based lifestyle or you simply want to incorporate more**

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meat, dairy and egg-free meals into your week, BOSH! The Cookbook is your plant-based bible. BOSH! go-to breakfasts, crowd-pleasing party pieces, hearty dinners, sumptuous desserts & incredible sharing cocktails. The book is jam-packed with fun, unpretentious and mega satisfying recipes, including Creamy Mac and Greens, Burrito Samosas, the Big Bhaji Burger, the World's Best Pesto Lasagne, Satay Sweet Potato BOSH! Bowl, Spanish Beach Churros, Goopy PBJ Brownies and Salted Caramel Chocolate Crunch Tart, all easy enough to be rustled up any night of the week. It's enough to convince the staunchest of carnivores to give plants a whirl. Whether you're already sold on the plant-based lifestyle or you simply want to incorporate more meat, dairy and egg-free meals into your week, BOSH! The Cookbook is

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**Pesto Lasagne, Satay Sweet Potato  
BOSH! Bowl, Spanish Beach Churros,  
Goopy PBJ Brownies and Salted  
Caramel Chocolate Crunch Tart, all  
easy enough to be rustled up any night  
of the week. It's enough to convince the  
staunchest of carnivores to give plants a  
whirl. Whether you're already sold on  
the plant-based lifestyle or you simply  
want to incorporate more meat, dairy  
and egg-free meals into your week,  
BOSH! The Cookbook is your plant-  
based bible. BOSH!**

**Frugal Vegan**

**The Buddhist Chef**

**Tasty plant-based recipes for every day**

**Planted**

**The New Vegan**

**Fast, Easy, Affordable—Anytime,  
Anywhere**

**15-Minute Vegan**

**I Can Cook Vegan**

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LIMITED-TIME BONUS FREE  
EBOOK INCLUDED Try These  
Simple, Healthy, And  
Delicious Vegan Recipes To  
Immediately Cook Better  
Meals! Are you tired of  
cooking complicated, boring,  
and uninspiring meals every  
night? If you are, then this  
book is perfect for you!  
Millions of people all  
across the world are going  
vegan but the biggest issue  
they all have is what to  
cook. Simply put, too many  
vegan dishes suck. That is  
what this book will fix. If  
you follow the simple,  
beginner-friendly recipes  
found in this book I  
guarantee you will start to  
love what you cook and eat.



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I know what it's like to be vegan and have a hard time in the kitchen. Growing up I was never a great cook and I thought I would be doomed to only eat raw veggies and fruits when I went vegan, until I learned some amazing tips and tricks that transformed my cooking. Vegan cooking is not hard to learn or master and it certainly doesn't have to be boring. A healthy and delicious meal can be created in just a few steps from common ingredients you already have in your home! Mastering vegan cooking has not only helped my health and mind but for thousands of others who have tried and

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have seen permanent success as well. Through following and applying the recipes and techniques found in this book I guarantee you will start to see a positive change in your body. That is because these recipes are packed with more than enough nutrients to keep you healthy. These fundamentals of a healthy vegan diet have not only worked for me, but for thousands of others who have tried them and have seen permanent success. Find yourself just a few minutes in your day to learn some simple, life-changing vegan recipes, and to do just that, you need this book.

Interview with the Author Q

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- What made you want to write this cookbook A - When I first went vegan I found it really hard to find a book that gave a good overview of all the different flavors of vegan. For instance, I saw raw food vegan, vegan ketogenic diet, but all I wanted to know was how to start healthy eating on a budget! So I made this book, and the thesis is, "clean eating made simple"! I was very happy with the reception this book has received I think people wanted a cookbook just like this! Q - Who is this cookbook for? A - This is a vegan cookbook for beginners. I'm not an expert

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chef by any means, I just wanted to put together a simple healthy eating guide and share it with the world. These recipes are delicious and easy to make, I hope everyone loves them as much as I do. Q - What exactly will people find inside this book? A - Apart from the recipes, people will find a lot to digest in this book: Here's a preview of what you'll learn... The Basic Principles of a Vegan Diet Plan How to Lose Weight as a Vegan Food To Eat And Avoid 20 Breakfast Recipes 20 Lunch Recipes 20 Dinner Recipes 20 Snack Recipes 20 Dessert Recipes And Much, Much More! Click the BUY

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button and start cooking like a pro Today! Download "100 Simple Vegan Recipes For Beginners" right now.... ... and get a FREE BONUS EBOOK On Exactly How To Live A Healthy Vegan Lifestyle! Food, for me, is a constant pleasure: I like to think greedily about it, reflect deeply on it, learn from it; it ... More than just a mantra, "cook, eat, repeat" is the story of my life.' Cook, Eat, Repeat is a delicious and delightful combination of recipes intertwined with narrative essays about food. Written in Nigella's engaging and insightful style, this is a cookbook with the warmth and

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personality to beat away the January blues. Whether asking 'What is a Recipe?' or declaring death to the Guilty Pleasure, Nigella's wisdom about food and life comes to the fore, with tasty new recipes that readers will want to return to again and again. 'The recipes I write come from my life, my home', says Nigella, and here she shares the rhythms and rituals of her kitchen through over 150 new recipes that make the most of her favourite ingredients. Dedicated chapters include 'A is for Anchovy' (a celebration of the bacon of the sea), 'Rhubarb', 'A Loving Defence

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of Brown Food", a suitably expansive chapter devoted to family dinners, plus inspiration for vegan feasts and solo suppers. Within these chapters are recipes for all seasons and tastes: Burnt Onion and Aubergine Dip; Butternut with Beetroot, Chilli and Ginger Sauce; Fish Finger Bharta; Spaghetti with Chard and Anchovies; Chicken with Garlic Cream Sauce; Beef Cheeks with Port and Chestnuts; and Wide Noodles with Lamb in Aromatic Broth, to name a few. Those with a sweet tooth will delight in Chocolate, Tahini and Banana Pudding; Chocolate Peanut Butter Cake; Basque Burnt

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Cheesecake; and Cherry and Almond Crumble. 'A rapturous account of wonderful food and a joyful antidote to everything else' Meera Sodha, Guardian 'I can't think of a better companion for these strange times' Bee Wilson, Sunday Times

'Lawson's latest book is the one I've been waiting for her to write...Her aim is to empower and demystify and to encourage everyone to get as much pleasure from cooking as she does' Diana Henry, Daily Telegraph

'this book is filled with recipes that look so very, very good to eat.' NIGELLA LAWSON 'it's refreshing that Rachel Ama is, in many ways,



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just herself" RUBY TANDOH  
OBSERVER RISING STAR OF  
FOOD, 2019 Find brilliant  
plant-based dishes that make  
cooking and enjoying  
delicious vegan food every  
day genuinely easy – and fun  
- in Rachel Ama's Vegan  
Eats. No bland or boring  
dishes, and forget all-day  
cooking. Rachel takes  
inspiration from naturally  
vegan dishes and cuisines as  
well as her Caribbean and  
West African roots to create  
great full-flavour recipes  
that are easy to make and  
will inspire you to make  
vegan food part of your  
daily life. Rachel's recipes  
are quick and often one-pot;  
ingredients lists are short

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and supermarket-friendly; dishes can be prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean fritters Plantain burger Tabbouleh salad Carrot cake waffles with cashew frosting So if you share Rachel's attitude that vegan food should fit into your life with ease and pleasure – whether you are a fully fledged vegan looking for new ideas, want to reduce

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your meat intake, make more environmentally friendly food choices, or just keen to eat more veg – Rachel's genius cookbook is for you. 'Aimee is an exceptional talent and her fab new book displays her unique gift for making vegan cooking both exciting and comforting. I have no doubt it will quickly become a firm plant-based classic.' Áine Carlin, Bestselling author of *Keep It Vegan* and *The New Vegan*

If you're craving your favourite British comfort foods, but also want to embrace a plant-based lifestyle, then *Great British Vegan* is the book is for you. Whether you're

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vegan, flexitarian or merely interested in cutting down on your meat consumption, there's no reason you can't still indulge in all your favourite British classics, using easy-to-find ingredients. With great-tasting, simple to make home-style recipes that will comfort as well as nourish, this book makes sure you'll never miss out on Sunday roasts, full English breakfasts or afternoon teas again. This unique take on vegan cooking reimagines over 80 classic British dishes including Full English, Shepherd's Pie, Banger's & Mash, Yorkshire Puddings, Beer Battered

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(To) Fish & Chips, Sausage  
Rolls, Welsh Rarebit,  
Scottish Shortbread, Eton  
Mess and Sticky Toffee  
Pudding.

Inspired by her travels  
around the globe, Niki  
Webster gathers some of her  
favourite recipes together  
into this rebellious new  
book. You won't find any  
limp lettuce or boring old-  
school vegan dishes here.  
Expect to find all kinds of  
awesomeness, such as mouth-  
watering spicy Indian  
crepes; baked aubergine with  
cashew cheese and pesto;  
sweet potato, cauliflower  
and peanut stew; and  
chocolate cherry espresso  
pots. While a number of

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vegan and plant-based books focus on health, Rebel Recipes is unashamedly about taste; it's all about pleasure, vibrancy and flavour – food for the soul. Niki's delicious recipes are brought to life with photography from Kris Kirkham.

Cook Share Eat Vegan

Eat Plants Every Day

Cook. Heal. Go Vegan!

One Pot: Three Ways

100 Simple, Feel-Good Vegan

Recipes

Simple, Balanced Cooking for

Real Life

Rebel Recipes

Silk Road Vegetarian

*'Chantelle Nicholson's Planted is the ultimate cookbook for food-*

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*obsessed vegans' - Vogue*

*'Groundbreaking plant-based  
cookery from a remarkably  
talented chef.' - Marcus Wareing*

*In her first solo cookbook,  
Chantelle Nicholson shows you  
how to cook delicious vegan  
dishes using seasonal and  
flavoursome plant-based  
ingredients. Growing up in New  
Zealand with a vegetable garden  
influenced her passion for fresh  
produce and, with her career as a  
professional chef, she was  
inspired to develop tasty,  
restaurant-quality vegan recipes,  
which feature on the menu at  
Tredwells, winner of AA's London  
Restaurant of the Year. In  
Planted she offers an abundance  
of these dishes to make at home.  
Her recipes may look high-end,*

## Get Free Cook Share Eat Vegan: Delicious Plant Based Recipes For Everyone

*but they are easy to create in your kitchen and will impress even the most devoted meat- and cheese-lovers. This is not a book about veganism, it is about fantastic and tasty food, made without animal products. It celebrates produce, seasonality and food that tastes good! This approachable, family-friendly vegan cookbook—from the chef at a popular Bay Area vegan restaurant and his wife—is for anyone looking to explore more plant-based eating at home with innovative and great-tasting recipes for every meal. In this exceptional collection of plant-forward meals, a chef brings his professional knowhow home with 90 recipes he and his wife created to help their family*



## Get Free Cook Share Eat Vegan: Delicious Plant Based Recipes For Everyone

*transition to healthier eating. With a focus on high-flavor recipes that are easily accessible for home cooks, the authors share their expertise for bringing more plants into every meal and extol a diet that's rich with vegetables, fruits, beans, and whole grains. Visually appealing and delicious, the recipes will appeal to a wide range of palates and include fresh twists on favorite foods like Green Forest Pizza, Lemon Agave Cheesecake, and Beet Poke, along with updated classics from Ceviche to Chilaquiles. This modern cookbook—from an omnivore who values eating plants in a way that doesn't require drastic lifestyle changes—offers a turnkey solution for individuals*

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*and families who are curious about evolving their diets but don't want to give up the dishes, and drinks, they love.*

*"Finally, a professionally trained chef to lead us on a journey to eat more plants in a most delicious and joyful way. I'm not fully vegan yet, but Chef Bai has really helped me see it is very possible. So buy the book, it will fast become a favorite!" - Amazon Customer, 5-Star Review 70*

*Amazing Recipes to Kick-Start Your Plant-Based Journey With the guidance of professional plant-based chef Bailey Ruskus, adopting a whole-food, plant-based lifestyle is full of fun and flavor. Learn to make easy, nutrient-dense dishes you'll want again and again, while inviting*

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*purpose and intention into every meal. Consider this collection a gateway into the colorful and delicious plant kingdom. Each recipe is designed to teach core culinary techniques, so you can become confident and creative in the kitchen. Comforting classics—think pizza, falafel, tacos and curry—get a vibrant vegan makeover, ensuring tasty alternatives for any craving. Savor Spaghetti Alfredo in an indulgent sauce that won't weigh you down; experience better-than-takeout Miso-Mushroom Ramen, low in sodium but big on umami; or dig into a chocolate-studded oatmeal cookie, packed with good-for-you ingredients. Fridge staples are made healthier and cheaper with essentials like Not*

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*Your Mama's Salted Butter, Herbed Creamy Feta and Cashew-Hemp Milk. To encourage holistic healing from the inside out, most of Bailey's recipes are gluten-free and all are free of refined sugars. Whether it's a quick garden bowl or slow-simmered chili, these dishes are fuss-free and seriously nourishing. Let Bailey lead the way as you embrace Earth's abundance, cook consciously and feel better than ever. \*70 Recipes & 70 Full-Page Photographs\* 15-Minute Vegan features 100 brand new vegan recipes that can be prepared in mere moments. Using ingredients that are available in supermarkets, the recipes are as easy as can be - from shopping to cooking to serving. The book starts with*

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*Katy's introduction to vegan cooking and cooking, with advice on the equipment you need to make your cooking go faster, plus essential storecupboard ingredients. In chapters covering Breakfast, Light Bites, Mains, Essentials and Sweet Stuff, Katy offers 100 straightforward recipes and tips about preparation, freezing and storing. Whether you're already eating vegan or just want to try something new, nothing could be simpler and faster than 15-Minute Vegan.*

*"Her first cookbook, Silk Road Vegetarian, ...is a thoughtful and delicious collection of gluten-free, vegetarian and vegan recipes celebrating the foods of the Silk Road" —The Food*

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*Network Discover the secrets of healthy and sustainable eating that have been practiced along the trade routes of Asia for centuries. This unusual cookbook is filled with richly-flavored vegetarian, vegan and gluten-free recipes that will be a welcome change for any vegetarian or vegan to enjoy. Plus, most of these delicious recipes can be made using ingredients from your local Farmer's market or CSA share! Delicious vegetarian and vegan recipes include: Bengali Potato & Zucchini Curry Afghan Risotto Zucchini with Basil Vinagrette Turkish Baked Eggplant with Mint Curried Lentil Burgers Israeli Chopped Salad Sesame Kale Salad And dozens more... Dishes from the*

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*Silk Road* have their roots in the ancient village food traditions of Asia, where a few healthy ingredients from local gardens were blended with spices to create meals that are nutritious, varied and flavorful, as well as being ethical and sustainable. Author Dahlia Abraham-Klein is a food educator and nutritionist who draws from her own family heritage to create meals that honor what is most meaningful about cooking and food everywhere in the world—a connectedness to place, history and family. Her book is about developing culinary awareness and celebrating diversity—discovering foods with contrasting tastes and textures that are simple and easy to

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*prepare, yet totally exciting and different. Silk Road Vegetarian delves into the cultural and spiritual traditions of the Silk Road to show how cultural traditions have influenced the cuisine. Each dish has a rich history—linking past to present in a particular place. At the same time, the recipes address pressing contemporary needs by showing us how to eat a healthy, balanced and yet interesting diet with locally-sourced, earth-friendly ingredients. The astonishing array of recipes in this book will inspire every home cook. All dishes are easy and simple to prepare, and codes are applied to identify which ones are: Vegetarian Vegan Gluten-free Try one of these recipes, and*



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*you'll agree that peoples living  
along the Silk Road created a  
unique culinary tradition that we  
have much to learn from today.*

*Minimalist Baker's Everyday  
Cooking*

*Keep It Vegan*

*BOSH!*

*Save time with vibrant, versatile  
vegan recipes*

*BOSH! Healthy Vegan*

*The Friendly Vegan Cookbook*

*The Plant-Based Pair: A Vegan*

*Cookbook for Two with 125*

*Perfectly Portioned Recipes*

***With 140 recipes for***

***delicious non-dairy milks,***

***basic pastries, warming***

***soups and mains, salads,***

***pasta, rice, noodles and***

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*sweet things, Easy Vegan has your vegan options covered. It's packed with advice on how to 'veganise' a recipe by swapping out key ingredients for plant-based, healthier alternatives, without compromising on taste or flavour. It's the perfect starter manual for health-conscious would-be vegans and everyone keen to incorporate more plant-based food in their diet. A fun and irreverent take on vegan comfort food that's saucy, sweet, sassy, and most definitely*

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*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*

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*engaging and hilarious voice. The result is indulgent, craveworthy 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.*

*Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes.*

*Frugal Vegan teaches you how to avoid pricey perishables and special ingredients, and still*

# Get Free Cook Share Eat Vegan: Delicious Plant Based Recipes For Everyone

*enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered*

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*Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, Frugal Vegan will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.*

*Five years ago, popular blogger Brandi Doming of The Vegan 8 became a*

## Get Free Cook Share Eat Vegan: Delicious Plant Based Recipes For Everyone

*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*

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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.

*Any meal is only as good*



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as the company with whom it's shared, which is why this book unites food and its local community. This cookbook is a celebration of shared homes and their most iconic dishes--the food designed to feed the crowd, without breaking the bank or spending hours in the kitchen. It is a book about community, warmth, love, and the unique connection of a nurturing home, where shared meals are central to the environment. Plus, without getting preachy or "clean 'n green eating" about it, all the recipes

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*in the book are vegetarian and vegan. The eight chapters are captured in different share houses throughout the sunshiny inner suburbs of Brisbane, Australia. Each chapter has a distinct theme, as dictated by the culinary skills of those living in the featured house: a breakfast-spread menu; hungover brunch; a leisurely long lunch; eat it with your hands; a Mexican-inspired feast; a Mediterranean dinner party; pasta night; and comfort-food spread. Through its clean and*

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*bright photography--all  
taken by Clare's own  
friends and roommates--The  
Shared Table is  
simultaneously luxe and  
sincere. It's a warm and  
inviting cookbook that  
every share house needs on  
their communal bookshelf.*

*Cook, Eat, Repeat  
Ingredients, recipes and  
stories.*

*Hot for Food Vegan Comfort  
Classics*

*Great British Vegan  
Bosh!*

*A chef's show-stopping  
vegan recipes*

*Rachel Ama's Vegan Eats  
Vegan Cooking for*

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## **Carnivores**

*'Packed full of enticing recipes to make plant-based your way of life' Madeleine Shaw Roz Purcell is a firm believer that your body needs to be fuelled right - not only to get you through your day, or week - but to set you up for life. In No Fuss Vegan, Roz shows how to introduce more plant-based eating into your life. If you're in the mood for comfort (try Shepherd's Pie or Blueberry Crumble), freshness (how about a Tortilla Salad followed by Pineapple, Mint and Lime Sorbet) or something quick and easy (Pea Pesto Pasta and Almond Crunch Cups you have on*

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*standby) you're sure to find something that will become a favourite. Whether you're a committed vegan or just looking to cut down on meat and dairy, Roz will inspire you to experiment with her tasty and nourishing plant-based meals, snacks and desserts. Fuel Right = Fuel for Life 'Perfect for anyone who is looking to try vegan cooking or just wants to introduce more vegetables into the diet through tasty, no-fuss meals' Easy Food The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10*

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*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.*

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*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.*

*Cook Share Eat Vegan Delicious plant-based recipes for Everyone Hachette UK*

*"Busy folks, rejoice! The recipes in The Simply Vegan Cookbook*

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*are accessible and doable, but never boring."--Melissa D'Arabian, author and Food Network Host Forget about vegan cookbooks that require specialty ingredients and leave you unsatisfied. The Simply Vegan Cookbook takes vegan cooking to the tastiest level with easy, delicious recipes that are fun to make and a delight to eat. Creator and host of The Vegan Roadie, Dustin Harder has travelled over 110,000 miles--and visited every grocery store along the way-- to find out which vegan foods are (and are not) accessible. Taking this into account, The Simply Vegan*



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*Cookbook provides healthful, balanced vegan meals using easy-to-find, affordable vegan ingredients. From greens and beans to grains and mains, The Simply Vegan Cookbook is the most comprehensive of vegan cookbooks to date. This vegan cookbook offers: 150 recipes with two variations each, resulting in a total of 450 recipes No more than 30 minutes of active time prep time per recipe Cooking tutorials improve your skills for making vegan staples The Simply Vegan Cookbook gives home cooks what other vegan cookbooks don't--vegan recipes that save time, money, and your sanity.*

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From Isa Chandra

*Moskowitz—the bestselling author of Veganomicon—comes a book dedicated to her true love: the home cook. Isa Moskowitz learned to cook from cookbooks, recipe by recipe. And after a few decades of writing her own cookbooks, she knows what the people want: easy-to-follow instructions and accessible ingredients. I Can Cook Vegan is for cooks of all stripes: The Just-Born, Brand New Cook The Tried-and-True Seasoned Cook Who Is Tofu-Curious The Busy Weeknight Pantry Cook (this is everyone) The Farmers' Market Junkie Who Looks at All the*

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*Pretty Colors The Reluctant Parent to the Vegan Child For Anyone Doing Vegan for the Animals For Anyone Doing Vegan for the Health Each chapter is a building block to becoming a better, more competent cook. The book teaches readers to cook the way someone might learn a new instrument: master a couple of chords, and then start to put them together to form songs. Each chapter starts with a fresh mission, and readers will cook their way through pastas, salads, sandwiches, bowls, sautés, sheet-pan suppers, and sweets—more than 125 recipes!—until they are*

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*ultimately the Best Cook  
Imaginable.*

*No Fuss Vegan*

*Vibrant Plant-Based Recipes to  
Eat Well Through the Seasons*

*Fast, Modern Vegan Cooking*

*Vegan, Vegetarian and Gluten*

*Free Recipes for the Mindful*

*Cook*

*Easy, Healthy, Fun, and Filling*

*Plant-based Recipes Anyone*

*Can Cook*

*The Cookbook*

*101 Recipes to Feed Your Face*

*[A Cookbook]*

*200 Deliciously Satisfying Plant-*

*Powered Recipes for the Whole*

*Family*

**Delicious plant-based recipes**

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Recipes For Everyone

**that everyone will love, with this latest book from the UK's bestselling vegan author, Áine Carlin. With an emphasis on great flavours and fresh, seasonal dishes that don't rely on substitutes or hard-to-source ingredients, Áine's style of cooking will appeal to everyone, from vegan-cooking enthusiasts to those simply wanting to dabble now and then. In Cook Share Eat Vegan, Áine has created the ultimate vegan bible, with more than 125 recipes that prove there's a place for plant-based food at every table. Delight your friends with**

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## **Crispy Cinnamon Potato**

**Tacos, enjoy a warming bowl of Turmeric & Sweet Potato Soup, or indulge in a delicious Vanilla Panna Cotta. Discover recipes for every occasion and for all times of year - that just happen to be vegan.**

**'Finding the balance between health and indulgence, this book has a little bit of everything, from full-on comfort food to zen-inducing bowls to nourish from within. Discover the beauty of plant-based food and leave your preconceived notions at the door - it's time to cook, eat, smile (repeat)' - Áine Carlin**

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**\_\_\_\_\_ No fads, no frills, just 120  
vegan recipes that have stood  
the test of time from award-  
winning food writer Georgina  
Hayden, currently appearing  
on Channel 4's The Great  
Cookbook Challenge**  
**Nistisima means fasting food  
– food eaten during Lent and  
other times of fasting  
observed by those of  
Orthodox faith. Mostly this  
involves giving up meat and  
dairy and instead using  
vegetables, pulses and grains  
to create easy, delicious  
dishes that all just happen to  
be vegan. In this book,**

**Georgina draws on the history and culture around nistisimo cooking in the Mediterranean, Middle East and Eastern Europe to share the simple, nutritious and flavour-packed recipes at the heart of the practice, including:**

- Salatet malfouf cabbage slaw**
- Briam ('Greek ratatouille')**
- Pumpkin, raisin and harissa pie**
- Kibbet el raheb, 'monks' soup'**
- Jewelled lentil moutzentra**
- Rizogalo rose rice pudding with roasted strawberries**
- Moustokouloura spiced grape, honey and chocolate biscuits**

**Whether you're vegan, vegetarian, or simply want to**



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Recipes For Everyone

**eat more plant-based food, Nistisima offers you tried and tested recipes that celebrate the very best of this tradition – all bursting with flavour and all surprisingly vegan. \_\_\_\_\_**

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**'Mouthwatering recipes and beautiful storytelling – I want a seat at Georgie's table.' JAMIE OLIVER**

**100 simply delicious vegan recipes--good for the planet, and for you--from the chef and blogger behind The Buddhist Chef. A practicing Buddhist for over two decades, Jean-Philippe Cyr, aka The Buddhist Chef, believes that**

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**everyone has the power to make their vision of the world a reality--and that the most impactful way to do that is through the food we choose to make, eat, and share. This realization led him to veganism, which transformed his life and health. In this cookbook, he shares how to make classic dishes vegan, easy, and so delicious and show-stopping that everyone--even the pickiest of eaters--will love them. The Buddhist Chef is a collection of Jean-Philippe's best vegan recipes that will become a mainstay in vegan and non-**

**vegan kitchens alike. The recipes are perfect for long-time vegans, those trying out a vegan diet for the first time, or those simply trying to eat more plant-based foods. Inspired by cuisines from all around the world, these recipes offer something for everyone. Enjoy breakfast and brunch recipes like Vegan Shakshuka and Maple Baked Beans, or salads and protein-packed bowls like Beet Carpaccio or Tempeh Poke Bowl. Transform your dinners with hearty mains like Eggplant Parmigiana, General Tso's Tofu, and Mushroom**

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**Poutine. Indulge in vegan desserts like Chocolate Lava Cake or have a nourishing snack like Coconut Matcha Energy Balls. With delicious recipes for every meal of the day, The Buddhist Chef is a celebration of healthy, plant-based dishes that will have everyone at the table, vegan or not, wanting more.**

**The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First**

**Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her family's local food market and vegetable patch in southern**

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**Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature**

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Recipes For Everyone

transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, *The First Mess Cookbook* is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

**75 Vegan Recipes That Will Blow Your Mind** Megan Sadd has spent nearly her entire life studying plant-based cuisine

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**to discover the best, most satisfying and delicious ways of cooking vegan food. In this cookbook, she shares all of her secrets. We've got comfort foods—hello Crispy Southern Chickpea Sandwiches and Meat Lover's BBQ Pulled Jackfruit with Avocado Slaw. We've got masterpieces, like Spring Linguine with King Oyster Scallops, where every bite will have you saying, "Yuumm!" And best of all, a whole chapter is dedicated to Megan's signature cheeses and meals stuffed with ooey-gooey cheesy goodness. Just wait till you try her Smoky**



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**Gouda Melt, Pesto Mac 'n' Cheese or Roasted Vegetable Romanesco Lasagna—you'll think you've died and gone to foodie heaven. Besides a huge variety of weeknight-friendly meals and Megan's stunning photography with every recipe, each chapter begins with beautiful illustrated reference pages to help you master plant-based cooking. This is more than a great recipe book. It's an inspiring and instructive ode to flavor that will revolutionize the way you cook. Simple, plant-based recipes to cook the nation's favourite**

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Recipes For Everyone  
dishes

**Vegan Diet for Beginners**

**The Secrets to Mastering**

**Plant-Based Cooking**

**100 Simple, Delicious Recipes**

**Made with 8 Ingredients Or**

**Less**

**35 Delicious and Easy Recipes**

**for a New Healthy Vegan**

**Lifestyle**

**100 Simple Vegan Recipes for**

**Beginners**

**Vegan on the Go**

**Vegan Cookbook**

Savor delicious vegan meals

with easy recipes that make just

enough for two. Most recipes

feed six to eight people, and

smaller households are often left

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with the monotony of leftovers or pricey, unused groceries that end up in the trash. Whether you're new to vegan cooking or a long-time plants fan, The Plant-Based Pair makes cooking for two people easier and more delicious than ever. Covering everything from simple breakfasts to decadent desserts, these wholesome dishes pack plenty of nutrition into every bite while turning the chore of cooking into a fun date night. The Plant-Based Pair offers:

- 125 tantalizing vegan recipes that make just enough for two
- Several 30-minutes or less meals to make
- Great ideas for

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saving time and money to get the most out of your groceries • 10 helpful tips for living a happy vegan life • The most useful, healthy ingredients to have on-hand for making any meal a success • Practical advice for cooking more efficiently as a team Create super satisfying plant-based meals just for two with The Plant-Based Pair.

What Vegans Eat: Over 100 Simply Delicious Dishes

The First Mess Cookbook

Vegan YUM

100 Essential Recipes to Share with Vegans and Omnivores Alike

101 Entirely Plant-based, Mostly

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Vegan: Delicious Plant Based  
Recipes For Everyone  
Gluten-Free, Easy and Delicious  
Recipes  
The secret to delicious vegan  
cooking from the Mediterranean  
and beyond  
Over 125 Recipes So Tasty You  
Won't Miss the Meat  
Vegetarian and vegan feasts to  
cook for your crowd