

Sweet Potato Soul 100 Easy Vegan Recipes For The Southern Flavors Of Smoke Sugar Spice And Soul

Celebrate the gorgeous and delicious possibilities of plant-based Southern cuisine. Inspired by the landscape and flavors of his childhood on the Mississippi Gulf Coast, Timothy Pakron found his heart, soul, and calling in cooking the Cajun, Creole, and southern classics of his youth. In his debut cookbook, he shares 125 plant-based recipes, all of which substitute ingredients without sacrificing depth of flavor and reveal the secret tradition of veganism in southern cooking. Finding ways to re-create his experiences growing up in the South--making mud pies and admiring the deep pink azaleas--on the plate, Pakron looks to history and nature as his guides to creating the richest food possible. Filled with as many evocative photographs and stories as easy-to-follow recipes, Mississippi Vegan is an ode to the transporting and ethereal beauty of the food and places you love.

Two vegans in a world of quinoa and kale that refuse to go with the grain. Who says one must give up an insatiable need for comfort food just to eat better, to save animals and the planet? The Edgy Veg, the YouTube sensation (200,000 subscribers and counting, not to mention 630,000+ views per month) are on a culinary journey to revolutionize vegan food as we know it. Tired of traditional plant-based diets filled with salads and smoothies that just feels, well, tired, Candice and James set out on a culinary mission to re-purpose familiar favorites, by recreating childhood and adult cravings for folks with sophisticated palettes and food-nerd obsessions. Every single recipe can be enjoyed by vegans, vegetarians and omnivores alike -- they're all tested by James Aita, a former meat and cheese loving guy, and also tirelessly tested on friends and family. These dishes taste fabulous. The Edgy Veg has 100 amazing recipes to meet and exceed the need for stick-to-your-ribs/don't even miss the meat, comfort dishes. Those take-out pangs will be banished once and for all with Perfectly Pleasing Pesto Pizza. With General Tso's Chicken or Buffalo Cauliflower Wings, entertaining for even the most hard-core carnivores is a snap. One taste of Spaghetti and Meat Balls, Bro, or Infamous Edgy Veg Fried Chicken or The Mac Daddy will easily convince all. To quench a thirst or sweet tooth, Mean Green Ginger Machine, Grade Eh Caesar and swoon-worthy Death by Chocolate Mousse is perfect. Goodbye to dairy, milk, eggs and tired tofu and hello to tasty tacos, perfect pizza and deluxe burgers. Cake, burgers and fries are here too!

Get the recipes everyone is talking about in the debut cookbook from the wildly popular blog, Skinnytaste. Gina Homolka is America's most trusted home cook when it comes to easy, flavorful recipes that are miraculously low-calorie and made from all-natural, easy-to-find ingredients. Her blog, Skinnytaste is the number one go-to site for slimmed down recipes that you'd swear are anything but. It only takes one look to see why people go crazy for Gina's food: cheesy, creamy Fettuccini Alfredo with Chicken and Broccoli with only 420 calories per serving, breakfast dishes like Make-Ahead Western Omelet "Muffins" that truly fill you up until lunchtime, and sweets such as Double Chocolate Chip Walnut Cookies that are low in sugar and butter-free but still totally indulgent. The Skinnytaste Cookbook features 150 amazing recipes: 125 all-new dishes and 25 must-have favorites. As a busy mother of two, Gina started Skinnytaste when she wanted to lose a few pounds herself. She turned to Weight Watchers for help and liked the program but struggled to find enough tempting recipes to help her stay on track. Instead, she started "skinny-fying" her favorite meals so that she could eat happily while losing weight. With 100 stunning photographs and detailed nutritional information for every recipe, The Skinnytaste Cookbook is an incredible resource of fulfilling, joy-inducing meals that every home cook will love.

Sweet potatoes are so much more than a simple side dish they can add fabulous flavor and excitement to every meal of the day. Discover 61 delicious ways to use this versatile vegetable. Start the morning with sensational sweet potato biscuits, muffins or pancakes, then cook up sweet potato-packed soups, stews, casseroles, salads, skillet and sides for lunch or dinner. And don't forget dessert--sweet potatoes are terrific in pies, cakes, custard, bar cookies and cupcakes Includes 61 beautiful photos.

'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, 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 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 your meat intake, make more environmentally friendly food choices, or just keen to eat more veg – Rachel's genius cookbook is for you.

Plant-Based Recipes with Heart and Soul Here to ring in a new era of vegan cooking is Lauren Hartmann, native Southerner, chef and founder of the food blog Rabbit and Wolves. In these 60 recipes, Lauren shows you how to make rich, buttery, decadent plant-based versions of all your favorite southern foods, so you never again have to miss out on the tastes you love. With foolproof cooking methods and easy substitutions, every bite of these spot-on vegan dishes will transport you to a warm summer night, full of family, tradition and (of course) a little sweet tea. Start the day with a proper southern brunch, complete with a Giant Goopy Toffee Cinnamon Roll and Black Pepper-Chive Biscuits and "Sausage Gravy." Gather the whole family for a seriously good feast, with Cheesy Biscuit Vegetable Pot Pie, Pecan-Crusted Tofu with Mashed Sweet Potatoes and Collard

Green Carbonara. Don't forget to serve them with the best southern staples, like Candied Jalapeño Hushpuppies, Pimento Cheese Spread and Dill Pickle Pasta Salad. Finish the meal off with a slice of Mississippi Mud Cheesecake, Berry-Peach Cornmeal Cobbler or a Red Velvet Funnel Cake. These comforting recipes perfectly capture the rich flavors of the South, all while helping you discover a delicious plant-based side of everything fried, stewed and barbecued.

To know the Sweet Potato Queens is to love them, and if you haven't heard about them yet, you will. Since the early 1980s, this group of belles gone bad has been the toast of Jackson, Mississippi, with their glorious annual appearance in the St. Patrick's Day parade. In *The Sweet Potato Queens' Book of Love*, their royal ringleader, Jill Conner Browne, introduces the Queens to the world with this sly, hilarious manifesto about love, life, men, and the importance of being prepared. Chapters include: • The True Magic Words Guaranteed to Get Any Man to Do Your Bidding • The Five Men You Must Have in Your Life at All Times • Men Who May Need Killing, Quite Frankly • What to Eat When Tragedy Strikes, or Just for Entertainment • The Best Advice Ever Given in the Entire History of the World From tales of the infamous Sweet Potato Queens' Promise to the joys of Chocolate Stuff and Fat Mama's Knock You Naked Margaritas, this irreverent, shamelessly funny book is the gen-u-wine article.

Today's corner stores and mainstream restaurants offer vegan options that weren't previously available-- but to too many people "vegan" still means "bland." Coscarelli introduces exciting, plant-based recipes that are fun, full of flavor, and make you feel healthier. She debunks the myths with recipes bold in taste, loud in color, unabashedly unique, and easy to make.

As featured in: BuzzFeed: Ultimate Spring Book Guide, Bustle: Books That Will Help You Balance Your Life, Huffington Post Books, POPSUGAR: Books You Should Read on Your Summer Road Trip, Jenny McCarthy's SiriusXM show, New York Parenting: Summer Reads, Self magazine: Mother's Day Gift Guide, Working Mother: Mother's Day Gift Guide, San Francisco Book Review: Unforgettable Memorial Day Weekend Reads, Culturalist: Best Stories of Moms Balancing It All The Balance Project is a story of loyalty, choices, and balance that will resonate deeply with all women who struggle with this hot-button issue. Loyal assistant Lucy Cooper works for Katherine Whitney, who seems to have it all: a high-powered job at a multibillion-dollar health and wellness lifestyle company, a successful husband, and two adorable daughters. Now, with the release of her book on work-life balance, Katherine has become a media darling and a hero to working women everywhere. In reality, though, Katherine's life is starting to fall apart, and Lucy is the one holding it all together, causing her own life—and relationship with her boyfriend Nick—to suffer. When Katherine does something unthinkable to Lucy, Lucy must decide whether to change Katherine's life forever or continue being her main champion. Her choice will affect the trajectory of both of their lives and lead to opportunities neither one could have imagined.

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.

Nominee, NAACP Image Award for Outstanding Literary Work "Thomas's body positive, social and economic justice-oriented ethos, rich writing, beautiful photography, and accessible recipes are perfect for anyone looking for an antidote to the typical vegan evangelism that often shames people for their food choices." - *Shondaland* By a superstar nineteen-year-old activist and motivational speaker, a unique cookbook and inspiring guide that combines 80 delicious, wholesome, super-powered plant-based recipes with a "7 points of power" manifesto to inspire the next generation of leaders toward self-reflection, critical thinking, and unlearning toxic ideas. When her father developed Type 2 diabetes, eight-year-old Haile Thomas began a journey that would change her family's dietary habits, improve her dad's health, and radically transform her life. Haile's family began looking into ways to improve his condition without having to rely on medication with dangerous potential side effects. Inspired by her mom's research, and fueled by her love of food, Haile learned everything she could about nutrition. After seeing how dramatically she and her family were able to change her dad's health, she chose to expand her reach to make the biggest positive impact possible in the world—particularly in underserved and at-risk communities. At 16, she was the youngest to graduate from the Institute for Integrative Nutrition as a Certified Integrative Nutrition Health Coach. Now a social entrepreneur, speaker, and activist Haile is an advocate for conscious living who promotes resilience, positivity, and a healthy, nourishing lifestyle to young people everywhere. Haile believes that to productively work toward our best selves, we must first fuel the vessel that supports us—our bodies. By incorporating healthy, plant-based dishes into our daily routine, we can boost qualities such as confidence, happiness, and positivity, giving us the energy we need to change our lives and the world. Haile's delicious, nutrition-packed vegan recipes boost brain power, calm the body, and provide energy. Some of the sensational food in *Living Lively* includes: Golden Dream Turmeric Berry Chia Pudding Fruity Jamaican Cornmeal Porridge Potachos (Potato Nachos) with Green Chile Cheese Sauce Straight Fire Mac N' Cheese Korean Jackfruit Sloppy Jill AB & J Swirl Brownies Shortcut Sweet Potato Pie Boats *Living Lively* combines these recipes with advice and insights from Haile's life as well as other dynamic, relatable young women, Gen Z leaders who are activating their power every day, including environmentalist and animal rights activist Hannah Testa, dancer and actress Nia Sioux, entrepreneur and mentor Gabrielle Jordan, global activist and sustainable fashion entrepreneur Maya Penn, and self-love advocate Luisa Gaffga. They promote not just physical nutrition but mental and emotional engagement, by paying close attention to the messages we receive from society, our personal relationships, and more to think critically about how they affect us and our outlook on the world. These tools are specifically targeted at positive resistance, growth, and joy in what Haile calls the "7 Points of Power"—wellness, world perspective, media and societal influences, thoughts and spirituality, education, relationships, and creativity and giving. Beautiful and uplifting, *Living Lively* empowers us to take strong, positive steps to nourish ourselves, each other, our communities, and the planet.

100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

Healthyish is recipe developer Lindsay Maitland Hunt's totally doable, delicious, and dead-simple cookbook, helping us to eat how we all want to eat—healthy, but with an occasional bit of decadence. Lindsay Maitland Hunt is an expert recipe developer who has created recipes for everyone from college students to busy families to seasoned home cooks. Now, she brings her trademark skillset to her debut cookbook, *Healthyish*. For anyone on the move, working long hours, and trying to eat a bit more healthfully, *Healthyish* offers 131 satisfying recipes with straightforward instructions, using as few pots and pans as possible, and ingredients that won't break the bank. Not to mention, you can find the ingredients at your everyday grocery store (no garam masala or açai berries here!). Emphasizing balanced eating rather than fad diet tricks, Hunt includes guilt-free recipes for every meal of the day, from breakfast to snacks to dinner, and yes, even *Healthyish* treats, such as: Banana–Avocado Chai Shake Peanut Butter Granola Salty Watermelon, Feta, Mint, and Avocado Salad Miso–Butter Toast with a Nine-Minute Egg Pozole with Pinto Beans and Queso Fresco Spiced Chicken and Chickpea Flatbreads with Cucumber–Dill Tzatziki Single-Serving Chocolate and Peanut Butter Cookie Designed for novices and experienced cooks alike, Hunt's meticulously considered recipes offer crowd-pleasing flavor profiles and time-saving tips and tricks, and her vegetable-centric dishes, with an occasional dash of meat, dairy, and decadence, are showcased in vibrant, mouthwatering photographs. Destined to be an everyday kitchen essential, filled with splattered and dog-eared pages, *Healthyish* is a call for simple ingredients, food that makes us feel good, quick prep, and even quicker cleanup, so we all can enjoy what's most important at the end of a long day: getting back to the couch.

This combination cookbook and lifestyle book takes a unique look at inter-palate partnering, with personal stories and tips for peaceful co-existence when one partner wants a cheeseburger and the other wants a tempeh slider. Award-winning Chef Ayinde has crafted 80 delicious recipes that both vegans and omnivores can enjoy together, including: Classic Cloud-Nine Pancakes Tuscan 12-Vegetable Soup with Savory Biscuits Habanero Portobello Fajitas Crispy Spring Rolls Cherry Cobbler and Cacao Nibs Many more Ayinde and Zoe are longtime vegans, but they have something else in common; neither has ever dated another vegan. After comparing notes, they realized the need for a manifesto to help vegans and omnivores navigate their cross-cuisine love life. The book shares tips for vegans who want to satisfy the appetites of their omnivorous counterpart, and for non-vegans who want to impress their plant-based partners. The authors' personal experiences and advice can be irreverent, but always on the mark for people needing relationship solutions, both romantic and culinary. Loaded with humorous anecdotes and seductive full-color food photographs. The *Lusty Vegan* provides delicious recipes and lots of fun along the way.

Officially authorized by Instant Pot!? Never waste extra food again with these perfect-portioned recipes for solo cooks all while using your favorite kitchen appliance—the Instant Pot. We all know and love the Instant Pot! With its quick cooking times and multiple functions, it is a fast and easy way to get a delicious meal on the table. And now you can enjoy all the benefits of using the Instant Pot without dealing with leftovers! Whether you live alone or need a quick meal just for yourself, this cookbook teaches you how to create perfectly portioned recipes right in your Instant Pot. With 175 recipes, photographs, and an easy-to-understand overview of how the Instant Pot works, this cookbook is a must-have for beginner and experienced Instant Pot users alike. With satisfying, single-serving dishes for every meal from breakfast to dinner and snacks in between, *The "I Love My Instant Pot" Cooking for One Recipe Book* is the perfect way to eliminate wasting food while keeping yourself full and satisfied all day long.

Hi, we're Chad and Derek. We're chefs and brothers who craft humble vegetables into the stuff of food legend. Everything we create is a bold marriage of delicate and punchy flavors, and crunchy textures—all with knife-sharp attention to detail. We're proud graduates of the University of Common Sense who simply believe that eating more veg is good for you and good for the planet. *THE WICKED HEALTHY COOKBOOK* takes badass plant-based cooking to a whole new level. The chefs have pioneered innovative cooking techniques such as pressing and searing mushrooms until they reach a rich and delicious meat-like consistency. Inside, you'll find informative sidebars and must-have tips on everything from oil-free and gluten-free cooking (if you're into that) to organizing an efficient kitchen. Celebrating the central role of crave-able food for our health and vitality, Chad and Derek give readers 129 recipes for everyday meals and dinner parties alike, and they also show us how to kick back and indulge now and then. Their drool-inducing recipes include Sloppy BBQ Jackfruit Sliders with Slaw, and Grilled Peaches with Vanilla Spiced Gelato and Mango Sriracha Caramel. They believe that if you shoot for 80% healthy and 20% wicked, you'll be 100% sexy: That's the Wicked Healthy way.

From the beloved creator of *I Heart Recipes* and home cook Rosie Mayes comes a cookbook chock-full of soul food favorites. Learn to cook comfort food the way Mom used to! Here Rosie shares all the secrets of southern classics like fried chicken, mashed potatoes, collard greens, and mac & cheese, plus soulful twists like Sweet Potato Biscuits and Fried Ribs. Authentic, approachable, and mouthwatering, these recipes use easy-to-find ingredients. Perfect for Sunday suppers and other celebrations as well as everyday favorites, these recipes are love on a plate! Organized by meal, the cookbook starts with stick-to-your-ribs breakfast favorites like Blueberry Cornbread Waffles and Shrimp, and Andouille Sausage and Grits, plus plenty of main dishes and sides like Smothered Chicken, Oxtail Stew, Baked Candied Yams, Soul Food Collard Greens, and Sweet Cornbread. Don't forget drinks and desserts like Peach Cobbler, Pralines, and Sweet Iced Tea! Includes 100+ recipes, including 30 fan favorites and 70 never-before-seen

recipes, and 90 photographs.

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Enter Chloe's Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Network's hit show Cupcake Wars, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of America's favorite foods. Whether you're newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, you'll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloe's first-ever cookbook, illustrated throughout with gorgeous full-color photos of the mouthwatering dishes, offers helpful advice on how to set up your own kitchen for stress-free, healthful eating, as well as nutritional information, with support from the foreword by well-known physician Neal D. Barnard, M.D. Foodies of all stripes will revel in the huge array of incredibly appetizing, inventive recipes, all made with easily available ingredients, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy Fettuccine Alfredo, crave-inducing sliders and fries, and adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike. With Chef Chloe, eating vegan doesn't mean giving up your favorite treats and flavors. Those with food allergies will appreciate the instructions throughout for making these meat-, egg-, and dairy-free recipes without gluten and soy, so everyone can enjoy them. And the icing on the (cup)cake is her renowned, coveted desserts—including the first publication of the recipes for her Cupcake Wars-winning vegan cupcakes—the ultimate indulgence without busting your belt.

Just imagine the dishes that are close to your heart, the ones that make you smile, feel happy and warm inside. It's loaded with plant-based comfort food recipes you're sure to love. Perfect for the transitioning vegan and a splash of flavor for the plant-based veterans.

An Inspired Collection of Time-Honored Mexican Recipes Follow along with Jocelyn Ramirez as she transforms the traditional dishes she grew up making alongside her Abuela into wonderfully flavorful plant-based meals everyone will love. With only a few simple and affordable substitutions, you can capture all the spicy, earthy, savory deliciousness of authentic Mexican cooking, and help friends, family and even the die-hard meat-eaters enjoy a new side of Latin cuisine. Amaze your taste buds with healthier versions of kitchen staples like Queso Fresco (Fresh Cheese), Chile de Árbol y Tomatillo (Árbol Chiles with Tomatillo) and Tortillas Hechas a Mano (Handmade Tortillas). Then make hearty, filling mains that carnivores and vegans alike will come back to again and again, such as Tacos de Yaca Carnitas (Jackfruit Carnitas Tacos), Sopa de Tortilla con Crema (Tortilla Soup with Cream) and Mole Verde con Champiñones (Mushrooms in Green Mole). With these 60 recipes you'll be cooking the foods you love with better-for-you ingredients.

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.

The rising star chef, food activist and author of The Inspired Vegan remixes foods of the African diaspora to outline creative but comprehensive vegan recipes for such options as Corn Maque Choux-Stuffed Jamaican Patties, Groundnut Stew and Crispy Teff-Grit Cakes. 17,500 first printing.

Healthier Together is all about nourishing and cooking for your body and your soul--and the best way to accomplish that is with another person. Food writer and health blogger Liz Moody once followed trendy diets and ate solely for fuel, not for flavor. That changed when she met her soon-to-be-boyfriend and they started cooking nutrient- and vegetable-rich meals. She not only fell in love with food again, but she also discovered that setting goals and sticking to them is easier and more gratifying when paired with someone else. Mincing garlic and sautéing onions together eventually led the couple to marriage--proving that good food really is the universal connector! These 100+ flavor-packed recipes are designed to be cooked and enjoyed by two people, plus they're all gluten-free, dairy-free, and plant-centered. They include homemade alternatives for all the foods you love to share, such as brunch, takeout, and sweet treats. Indulge in Cardamom Banana Bread Pancakes with Candied Coffee Walnuts, Cornflake "Fried" Chicken, General Tso's

Cauliflower, and Chocolate Tahini Brownie Bites. Pick your partner--near or far--and get ready to get healthy.

Spice up your life with over 200 authentic Caribbean recipes—veganized! Welcome to the Caribbean, home to an incredibly rich cooking tradition. Here, African, French, Asian, and Spanish influences combine with the local flavors of Barbados, Saint Lucia, Trinidad and Tobago, Jamaica, and more. You'll discover: Sweet and Savory Breakfasts: Cassava Pancakes, Herbed Sada Roti Traditional Mains: Jerk "Sausages," Pelau, Trinidadian Doubles Smoothies and Nourishing Bowls: Bajan Booster Shake, Papaya Chia Smoothie Bowl, Caribbean Macro Bowl Modern Delights: Rasta Pasta, Plantain Wellington, Caribbean Sushi Teas and Sweet and Savory Treats: Moringa Bread, Lemongrass Agave Tisane, Sweetened Hibiscus Tea, Ginger-Kissed Jam-Filled Beignets Plus Drinks and Cocktails, Desserts, and everything in between! In this expanded, full-color second edition of *Caribbean Vegan*, Barbadian chef Taymer Mason shares 75 all-new recipes, including Caribbean Sushi, Brulee Jol (avocado salad), and Breadfruit Ravioli with Calabaza Squash Filling. Plus, she explains the key kitchen skills she learned growing up: how to cut breadfruit, make your own cassava flour, choose a ripe coconut, and more. The islands await you . . .

Offers recipes for low-fat African American dishes made with fresh ingredients and minimal amounts of salt and refined sugar, along with tips on using healthy cooking techniques and buying local, seasonal products. Original.

America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings. Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

Chef and charismatic blogger with 217 followers across social media, Jenne Claiborne grew up in Atlanta eating classic soul food--but thought she had to give all that up when she went vegan. She now celebrates the plant-based roots of the cuisine and reenvision 100 classic dishes with a focus on healthy, whole ingredients--and a fresh and vibrant flair for flavor. Some people wonder how you can have soul food without the chitlins, fried chicken, and pork-stewed collard greens. But Southern cooking and soul food actually have deep roots in fresh, local, plant-based lifestyles. In her first cookbook, *Sweet Potato Soul*, Jenne Claiborne honors the cuisine's important roots while offering new ways to prepare 100 classic (and new!) dishes for optimal nutrition--dishes like Coconut Collard Salad, Peach-Date BBQ Jackfruit Sliders, and Sweet Potato-Cinnamon Rolls. Jenne explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits--you'll never look at super-healthy foods like dandelion and other bitter greens, black-eyed peas, or sweet potatoes the same way. You'll learn how to make better-than-the-original takes on crave-worthy dishes that are good for the environment and your health, heart, and soul. Illustrated with gorgeous full-color photography, these recipes are delicious and easy to make--thanks to Jenne's years of tweaking and experimentation--without sacrificing flavor, tradition, or soul- from decadent pound cakes and fluffy biscuits to smokey collard greens, deceptive "crab" cakes and the most comforting sweet potato pie you'll ever taste.

60 next-level sweet potato recipes that call on new techniques and bold flavors--like chilies, coconut milk, and chocolate--for flavorful takes on this delicious superfood.

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

Who would have imagined that the simple sweet potato could offer so many delicious possibilities? The *Sweet Potato Lover's Cookbook* showcases recipes that take advantage of and feature this stellar vegetable. With their nutritional value, great taste, and use worldwide, sweet potatoes truly are one of nature's most unique gifts to the world. This cookbook is the perfect resource for making sweet potatoes a regular, flavorful part of one's menu. Tempt your taste buds with: ? Orange Butter Sweet Potato Waffles ? Sausage and Sweet Potato Soup ? Candied Sweet Potatoes ? Easy Caramel Sweet Potato Pie ? And more!

Stay In, Save Time, Eat Vegan! This brilliant cookbook reveals the secrets to cooking dinners that you crave— the kind that comfort, nourish and inspire you, without a ton of work. With every recipe clocking in under 30 minutes (prep included!), anyone can enjoy incredible plant-based meals every night of the week. Fabulous recipes like Roasted Cauliflower Romesco Tacos, Spicy Buffalo Tempeh Wraps or Date Night Truffled Mac 'n' Cheez mean you can cut back your restaurant spending by making your own photo-worthy dishes at home. Megan Sadd has your back with smart tips for cooking efficiently, and a recipe for every mood you may find yourself in. Many of these amazing meals are gluten-free to boot, helping you maximize healthy eating in as little time as possible. These vegan dinners will satisfy the herbivorous and the omnivorous (and not just on Meatless Monday)! Whether you're craving Jerk Lettuce Wraps with Caramelized Pineapple or Texas-Style Chili with Cashew Sour Cream, these easy plant-based dinners are more than salads and stir-fries—they're fun, fast and scrumptious.

A new and vibrant vegan cookbook authorized by Instant Pot, from the creator of the Rainbow Plant Life blog. With food and photos as vivid, joyous, and wholesome as the title of her popular cooking blog--*Rainbow Plant Life*--suggests, Nisha Vora shares nourishing recipes with her loyal followers daily. Now, in her debut cookbook, she makes healthy, delicious everyday cooking a snap with more than 90 nutritious (and colorful!) recipes you can make easily with the magic of an Instant Pot pressure cooker. With a comprehensive primer to the machine and all its functions, you, too, can taste the rainbow with a full repertoire of vegan dishes. Start the day with Nisha's Homemade Coconut Yogurt or Breakfast Enchilada Casserole, then move on to hearty mains like Miso Mushroom Risotto, and even decadent desserts including Double Fudge Chocolate Cake and Red Wine-Poached Pears. The *Vegan Instant Pot Cookbook* will quickly become a go-to source of inspiration in your kitchen.

Collection of recipes from the restaurant and families of Stephanie Tyson and Vivian Joiner.

"Celine Steen and Tamasin Noyes have reinvented the sandwich, taking it to all new heights with spectacular creations that will forever change your perception of lunch (and breakfast and dinner, too!)." —Julie Hasson, author of *Vegan Diner*, *The Complete Book of Pies*, and more "Celine and Tamasin have the magic touch; everything they make turns out delicious! Who knew

you could fit so much flavor between two slices of bread?"—Hannah Kaminsky, author of *My Sweet Vegan*, *Vegan Desserts*, and *Vegan a la Mode* "This is the first time I've ever found myself drooling over sandwiches. This book oozes with gorgeous photos, creative recipes, and flavorful wit that make you want to read it like a novel, from cover to cover."—Alisa Fleming, author of *Go Dairy Free* and founder of *GoDairyFree.org* "Take two super-creative, experienced, and highly regarded vegan cookbook authors, allow them to apply their imagination and exceptional palates to a theme where there are few boundaries other than slices of bread, and you have this incredible book."—Carla Kelly, author of *Quick and Easy Vegan Bake Sale* and *Quick and Easy Vegan Slow Cooking 101* **Colorful Sandwiches Your Brown Bag Never Saw Coming** What's the best thing since sliced bread? The sandwich of course! Layered with flavor, simple and portable, and full of endless variety, sandwiches have been stealing the show for as long as they've existed. But it's time for the traditional, calorie-laden, meat-centric sandwich to move over, because there's a new sheriff in town—the vegan sandwich! Filled with healthy, natural, plant-based ingredients, vegan sandwiches are your one-stop shop to total breakfast, lunch, or dinner satisfaction. Inside *Vegan Sandwiches Save the Day!*, you'll find 101 amazing combinations to suit any time, any craving, and any occasion, including: —Berry-Stuffed French Toast Pockets —Apricot Breakfast Panini —Puff Pastry Pot Pie Sandwiches —Mango Basil Wraps —Portobello Po' Boys —Mediterranean Tempeh Sandwiches —Mango Butter and Ginger Whoopie Pies Whether you're vegan or just looking to incorporate more meatless meals into your diet without spending hours in the kitchen, you'll find the tasty solution you're looking for—no fork required!

Harness the healing power of plant-based foods for vibrant health and longevity Vegan lifestyle expert Tracye McQuirter teams up with her mother Mary to share their secrets for maintaining radiant health for more than 30 years (hint: it's all in the greens), and 100 of their favorite plant-based recipes that have kept them looking and feeling ageless. They break down the basics of nutrition, how to build a vegan pantry, and how to make sure you're getting the best nutrients to promote longevity and prevent chronic disease. They also provide a 14-step guide with practical, easy-to-follow advice on how to transition to vegan foods, jumpstart your healthy eating habits, and how to up your game if you're already a vegan. Their 100 fresh, simple, and flavorful recipes are based on everyday whole food ingredients, including Maple French Toast with Strawberries, Thai Coconut Curry Soup, Cajun Quinoa with Okra and Tomato, Vegetable Pot Pie, Citrusy Dandelion Greens Salad, and Perfect Pecan Pie. Illustrated with beautiful, full-color photographs, *Ageless Vegan* helps you kiss diet-related disease and fatigue goodbye and gives you the information, inspiration, and affirmation you need to live a long, glowing, and healthy life you love.

Award-winning chef, Nadira Jenkins-El, shares her secrets and favorite recipes, for authentic vegan soul food From her sought-after Cajun Fried "Chicken" to tender, tangy Barbecue Riblets, Nadira's soul food cookbook shows you how to get the full, mouthwatering flavor of beloved soul food staples without relying on dairy, sugar, or meat. Discover her vegan versions of comfort food favorites: Gumbo, Biscuits and Gravy, Peaches and Cream French Toast, and so many more--all are plant-based and taste like a little piece of home. Nadira has created the ideal plant-based soul food cookbook for beginners. It includes the basics on how to go vegan, the health and environmental benefits, and how to 'veganize' classic dishes and ingredients. Along with Nadira's top recipes, this soul food vegan cookbook features: Authentic flavors? Enjoy more than 101 tantalizing twists on soul food dishes that use only wholesome, plant-based ingredients. Accessible ingredients? Unlike many other vegan soul food cookbooks, the vegan ingredients in these recipes are easy to source, affordable, and simple to prepare. Clear labeling--Each recipe includes the dietary details for gluten, nuts, oil, and soy, along with prep and cook times. Let Nadira Jenkins-El show you how to feed your body and soul with these healthier takes on traditional Southern fare.

Loved all over in the form of sweet potato fries, roasted whole with yummy toppings, and even baked in brownies, this cheap, nutritious and accessible root veg adds a nutty sweetness to any recipe – perfect for a comforting side dish but also amazing as the star of the show, and this cookbook puts sweet potato in the spotlight! From Sweet potato pancakes and Savoury sweet potato and parmesan muffins, to Spiralized sweet potato pasta, Sweet potato enchiladas, and even Sweet potato and hazelnut brownies, you'll find tasty and creative brunches, lunches, salads, suppers and desserts to suit all tastes. As well as tasting delicious, sweet potatoes are a powerful package of protein, fibre and vitamins. So make sure you indulge in some guilt-free carb cooking, and discover the potential of this versatile veg with *The Sweet Potato Cookbook* – the perfect way to sweeten your day.

100 delicious recipes of the vegan soul kitchen that refer to the southern cuisine of my native land. Here's for you This definitive vegan soul food cookbook will help you prepare delicious meat-free and dairy-free dishes without sacrificing taste, flavors, this will surprise your family and friends and will make these occasions a pleasure to delight the palate buds. This definitive cookbook for vegan soul food features: ?New and creative recipes of southern cuisine all vegan. ?Simple and detailed explanations ?You will learn to cook from the vegan soul breakfast to how to cook main dishes to how to prepare dessert and also how to baking bread. Every vegan soul recipe for every moment of your day ?Each recipe has its own photo to help you imagine the wonderful dish you will prepare. Don't miss the opportunity to easily prepare delicious vegan soul dishes thanks to the new *Vegan Soul Food Cookbook*.

A mother and daughter duo translate soul food recipes passed down through generations into affordable and nutritious dishes, featuring black-eyed pea hummus, spicy pepper chicken, sweet potato skewers, and chia pudding.

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