



## How it All Vegan!: Irresistible Recipes for an Animal-Free Diet: 10th Anniversar

By Barnard, Tanya. Kramer, Sarah.

Arsenal Pulp. 1 Paperback(s), 2014. soft. Book Condition: New. (Two-time winner of the Veggie Award for Best Cookbook from VegNews) First published in 1999, this charmingly lighthearted, retro-styled cookbook quickly became a bible for vegan cooks, both diehard and newly converted, and spawned several sequels, including *The Garden of Vegan*, *La Dolce Vegan*, and *Vegan à Go-Go*. Veganism has since become a mainstream dietary choice, inspiring the authors to fully update this 10th-anniversary edition. It includes a color photo section and new recipes as well as a new introduction by Sarah Kramer (named "The World's Coolest Vegan" by *Herbivore* magazine), who speaks passionately about the impact of veganism on her life. Along with satisfying main dishes that replace or avoid meat and cheese Sarah's Delicious Chili, Artichoke Rotini Pasta, Savory Shepherd's Pie here are breakfasts and baked goods that don't use eggs, yeast, or milk, and dozens of vegan beauty products, cleaners, and home remedies you can make yourself." Celebrating the tenth anniversary of the book that has become a bible for vegan cooks, this latest version comes with additional recipes and updated information. This well-written book will take much of the mystery out of enjoying a lifestyle that hurts none." North Shore News...



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