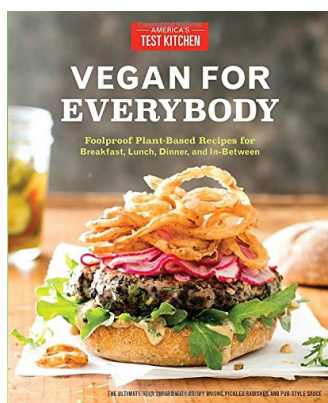


[PDF] Vegan For Everybody: Foolproof Plant-Based Recipes For Breakfast, Lunch, Dinner, And In-Between

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Books Details:

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Description:

In this cookbook, America's Test Kitchen decodes and demystifies vegan cooking, so you can reap its many benefits and avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients. You'll find approachable, fresh, vibrant recipes for breakfast,

lunch, dinner, and in between.

Veganism is going mainstream. The benefits of consuming fewer animal products appear frequently in the news, and public figures and celebrities have openly embraced the tenets of a vegan diet, bringing it further into the food consciences of baby boomers, millennials, and postmillennials alike. Whether exploring a vegan diet for health, environmental, or political reasons, more and more people are looking to get hearty, plant-based meals onto their table. But eating vegan can seem overwhelming: Will it be flavorful? Satisfying? Easy to make? And it's easy to rely on processed foods. America's Test Kitchen addresses head-on what intimidates people: finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. With more than 200 vibrant, foolproof recipes including proper day-starters, "cheesy" pizza you'll actually want to eat, filling vegetable-and-grain bowls, new dinner favorites, appetizers, DIY staples, and the ultimate birthday cake, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

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