



The Everything Vegan Cookbook

By Jolinda Hackett, Lorena Novak Bull

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The Everything Vegan Cookbook By Jolinda Hackett, Lorena Novak Bull

Veganism is about more than just avoiding meat and dairy; it's about cooking and eating healthy food while being good to the planet. Luckily, being good to the planet can be delicious! The Everything Vegan Cookbook is filled with 300 recipes that you'll love, whether you're simply curious or a lifelong vegan, such as:

- Fat-Free Banana Bread
- Curried Pumpkin Soup
- Spicy Southern Jambalaya
- Maple Cinnamon Breakfast Quinoa
- Foolproof Vegan Fudge
- Sweetheart Raspberry Lemon Cupcakes
- Sinfully Delicious Vegan Ice Cream
- Chocolate Mocha Ice Cream

Cooking for your family every day on wholesome vegan foods can be easy! From quick and easy recipes for hectic weeknights to indulgent breakfasts for lazy weekend mornings, you'll have the confidence you need to take on a healthy, meat- and dairy-free lifestyle.

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Editorial Review

About the Author

Jolinda Hackett (Santa Barbara, CA) has been vegetarian for nearly twenty years, and a plant-based vegan for nearly ten. As a volunteer for countless vegan advocacy groups, Hackett spent several years promoting the myriad benefits of a plant-based diet. She continues to counsel new vegetarians and vegans online as the About.com Guide to Vegetarian Food. While at the University of Chicago, she studied with Dr. Gideon Eshel, who made headlines in 2006 with research showing that a vegan diet does more to reduce one's individual planetary footprint than switching from an SUV to a hybrid vehicle. She has been interviewed by and appeared in *American Vegan* magazine, *Food and Home Magazine*, the *Daily Nexus*, the *Santa Barbara News Press*, the *Jerusalem Post*, and on WZRD radio in Chicago.

Users Review

From reader reviews:

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