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# But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner

By Kristy Turner

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**But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner** By Kristy Turner

**“Get ready for your taste buds to explode.”—Isa Chandra Moskowitz**

Can't imagine living without cheese? Convinced that dairy-free baked goods just don't cut it? Hate the taste of tofu and not a fan of boring salads? EXCUSES, BE GONE!

Blogger-author extraordinaire Kristy Turner deliciously refutes every excuse you've ever heard with 125 bursting-with-flavor vegan recipes for every meal of the day—including dessert!

- *“All those special ingredients are way more expensive.”* Not when you can make your own **Homemade Seitan, Barbecue Sauce, Zesty Ranch Dressing, and Tofu Sour Cream.**
- *“I could never give up cheese!”* You won't miss it at all with **Tempeh Bacon Mac 'n' Cheese with Pecan Parmesan, Tofu Chèvre, Citrus-Herb Roasted Beets with Macadamia Ricotta, or Mushroom Cheddar Grilled Cheese Sandwiches.**
- *“What about brunch?”* **Chickpea Scramble Breakfast Tacos, Lemon Cornmeal Waffles with Blueberry Sauce, and Caramel Apple-Stuffed French Toast** are vegan breakfasts of champions!
- *“My friends won't want to come over for dinner.”* They will when they get a taste of **Carrot Cashew Pâté, Portobello Carpaccio, and Gnocchi alla Vodka.**
- *“But I scream for ice cream!”* Then you'll shriek over **Dark Chocolate Sorbet, Mango Lassi Ice Cream, and from-scratch Oatmeal Raisin Ice Cream Sandwiches.**

If you're a waffling vegan newbie, on-the-fence vegetarian, or veg-curious omnivore, this book will banish your doubts. You'll find you *can* get enough protein, fit in at a potluck, learn to love cauliflower, and enjoy pizza, nachos, brownies, and more—without any animal products at all. (Even vegan pros will discover some new tricks!)

Colorful photographs throughout will have you salivating over Kristy's

inventive, easy-to-follow recipes. So what are you waiting for? Get in the kitchen and leave your excuses at the door!

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## **Editorial Review**

Review

### **One of Amazon's Best Books of the Month in Cookbooks, Food & Wine**

“Charming.”—*Washington Post*

“Turner’s book is both beautiful and inspiring. Vegan foodies and foodies considering becoming vegan will be eager to break out their farro, sriracha, and liquid smoke, and have fun in the kitchen.”—*Library Journal*

“Home cooks are given invaluable how-to’s to get started with vegan cooking. . . . Gift-worthy.”—*Publishers Weekly*

“A treasure trove of new flavour combinations . . . . Vegan or not, kitchen newbie or five star chef, there is something for everyone in this fun cookbook. The most tongue-in-cheek and delicious piece of food activism to date, this book is a must read.”—*T.O.F.U. Magazine*

“A goal of the author, who is the writer and food stylist behind the vegan food blog, ‘Keepin It Kind,’ is to make vegan cooking accessible for everyone. She’s clearly succeeded with this delightful and approachable book.”—*Cookbook Digest*

“This cuisine is delicious.”—*Vegetarian Journal*

“Doesn’t skimp on flavor, just the red meat.”—*Metro Boston*

“Tackles food myths with delicious recipes. . . . Beautiful photos illustrate almost every recipe, showing how appetizing these dishes are, and there are plenty of how-to photos.”—*Oregonian*

“The recipes cover all the basics . . . but also offer more adventurous fare . . . . This book covers all the vegan bases.”—*Portland Press Herald*

“Best Aspect: A wide variety of recipes for condiments, cheesy dishes without dairy cheese, fancy dinner party dishes and desserts.”—*Detroit Free Press*

“Buy this book. Banish those excuses. Have fun along the way.”—*Marin Independent Journal*

“Even to a committed carnivore, Turner’s whimsically seasoned tone is at once inviting and authoritative. Hey, you could do this!”—*Virginian Pilot*

“Kristy Turner’s *But I Could Never Go Vegan!* is nothing short of brilliant! This isn’t just a beautiful vegan cookbook; it’s a resource guide that will help you excuse-proof your diet. If you have a dilemma, Kristy has the answer!”

—**Angela Liddon**, *New York Times*—bestselling author of *The Oh She Glows Cookbook* and creator of [OhSheGlows.com](http://OhSheGlows.com)

“With warmth, humor, and great recipes, Kristy Turner combats excuses people commonly use to defend their dietary status quo. Those who think they can’t be satisfied without eating beef, for example, will do well to get acquainted with her plant-based fajitas, sloppy Joes, tacos, and more. *But I Could Never Go Vegan!* is guaranteed to change hearts and minds one meal at a time.”

—**Gene Baur**, president and cofounder of Farm Sanctuary, author of *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*

“I can’t imagine a vegan primer that is more humorous, welcoming, or wise than Kristy Turner’s spectacular *But I Could Never Go Vegan!* If you’re considering switching over to a plant-based diet—or simply eating a few more vegetarian meals—Kristy’s spectacular recipes and practical guidance will give you all of the inspiration you need. Most of all, her gentle and witty voice will guide you through all of the inevitable anxieties, stumbling blocks, and mishaps that accompany a lifestyle change. This book is beautiful, creative, whimsical, and profoundly inspiring.”

—**Gena Hamshaw**, author of *Choosing Raw*; [www.choosingraw.com](http://www.choosingraw.com)

“Kristy’s book had us smiling from the moment we read the table of contents. Its lighthearted approach and delicious recipes will appeal to everyone. This is a must-read for anybody who believes life without cheese isn’t possible.”

—**Rich Landau and Kate Jacoby**, chefs and owners of Vedge restaurant and coauthors of *Vedge*

“I love the creative, whole-foods recipes in *But I Could Never Go Vegan!* Kristy Turner has heard all the excuses and has a response for each. It’s true, no life is complete without the occasional calzone—but stuff ’em with Kristy’s Buffalo Cauliflower and Cashew Blue Cheese and you can have calzones and be vegan too. Get ready for your taste buds to explode.”

—**Isa Chandra Moskowitz**, bestselling author of *Veganomicon* and *Isa Does It*

“There’s no such thing as ‘can’t’ when it comes to compassion, and in *But I Could Never Go Vegan!*, Kristy Turner proves it with an array of inventive plant-based recipes and dazzling photographs.”

—**Colleen Patrick-Goudreau**, bestselling author of six books, including *The Joy of Vegan Baking* and *The 30-Day Vegan Challenge*

“Kristy and Chris have taken everything I love about their blog and somehow upgraded it, putting together one helluva cookbook with tons of helpful information and crazy good recipes that are sure to please hard-core vegans, curious newbies, and dabbling omnivores alike. Now, if we could only figure out some way to get those Chickpea Sloppy Joes hooked up to me 24/7 through an IV . . .”

—**Randy Clemens**, author of *The Sriracha Cookbook*, *The Veggie-Lover’s Sriracha Cookbook*, and *The Craft of Stone Brewing Co.*

#### About the Author

A self-described former “die-hard cheese nerd,” **Kristy Turner** is now the writer, recipe developer, and food stylist behind the vegan food blog *Keepin’ It Kind*. Once a professional fromagier and mutterer of the words, “I could never be vegan,” Kristy now loves her compassionate lifestyle and works with her photographer husband, Chris, to make veganism accessible, fun, and delicious for everyone. She lives in Marina del Rey, California.

## **Users Review**

### **From reader reviews:**

#### **Kenneth Allen:**

The book But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner gives you the sense of being enjoy for your spare time. You need to use to make your capable considerably more increase. Book can for being your best friend when you getting anxiety or having big problem with the subject. If you can make examining a book But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner to become your habit, you can get far more advantages, like add your capable, increase your knowledge about many or all subjects. You could know everything if you like available and read a e-book But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner. Kinds of book are a lot of. It means that, science e-book or encyclopedia or other individuals. So , how do you think about this e-book?

#### **Dorothy Stanek:**

Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Could be reading a book could be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to test look for book, may be the reserve untitled But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner can be very good book to read. May be it is usually best activity to you.

#### **Megan Urick:**

A lot of people always spent their free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity honestly, that is look different you can read the book. It is really fun in your case. If you enjoy the book which you read you can spent all day every day to reading a publication. The book But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner it is quite good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy the particular e-book. You can m00re quickly to read this book from your smart phone. The price is not very costly but this book offers high quality.

#### **Sharon Scott:**

Is it you who having spare time in that case spend it whole day by watching television programs or just

laying on the bed? Do you need something new? This But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, and Your Friends Will Still Come Over for Dinner can be the solution, oh how comes? A fresh book you know. You are thus out of date, spending your free time by reading in this completely new era is common not a geek activity. So what these ebooks have than the others?

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