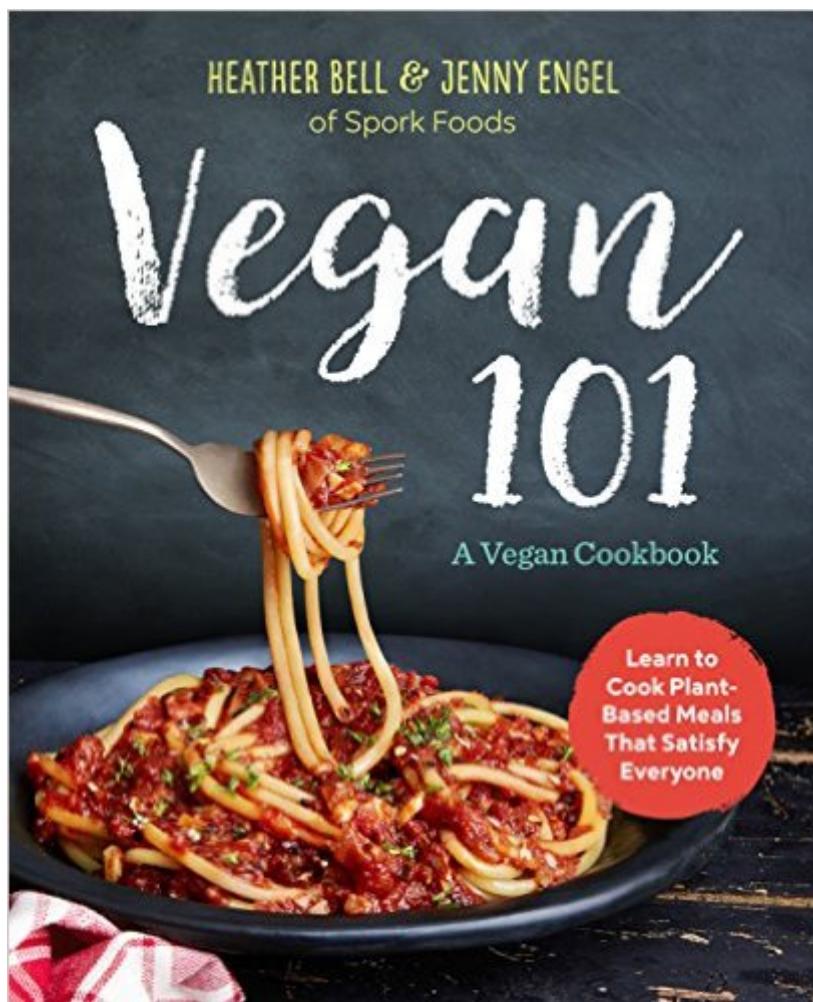


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# Vegan 101: A Vegan Cookbook: Learn To Cook Plant-Based Meals That Satisfy Everyone



## Synopsis

POP QUIZ! Cooking healthy vegan meals at home is complicated and expensive. True or False? False! You can eat and love vegan food at home no matter your skill level or the diet you regularly follow. Culinary instructors extraordinaire Jenny Engel and Heather Bell, owners of beloved vegan cooking school Spork Foods, have helped thousands of students incorporate more plant-based meals into their diet through fun and practical guidance. Now more than ever, people are choosing to make vegan meals part of their regular rotation. However, it can be difficult to get started. *Vegan 101: A Vegan Cookbook* is your go-to crash course for preparing plant-focused meals that get an A+ in nutrition and taste. Here's what's on the syllabus: 100 recipes that highlight the joy and ease of vegan cookingGo-To Recipes that kick-off each chapter with a popular vegan dish and three mouth-watering flavor variationsTake It From Us • testimonials offering tips from Jenny and Heather's students about the most valuable information they've learned in class Whether you're a longtime vegan or a committed carnivore in need of some plant-based tutoring, you'll be at the top of your cooking class with this stand-out among vegan cookbooks. *Vegan 101: A Vegan Cookbook* includes recipes such as: Apple Coffee Cake Muffins \* Vegan Cobb Salad with Zesty Vinaigrette \* Tortilla Soup with Ancho Green Topping \* Quick and Easy Red Bean Veggie Burgers \* Pad Thai with Tamarind and Lime \* German Chocolate Hand Pies \* and much more.

## Book Information

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## Customer Reviews

Delicious and Easy! I absolutely love this book. I'm a total kitchen novice, always following the recipe. Repeatedly I am amazed that I can make such yummy food that is healthy and my carnivore

boyfriend absolutely loves. We both find ourselves saying, "I can't believe this is Vegan." I would definitely recommend this cookbook to carnivores who want a new tasty and healthy spin. For my first Vegan 101 recipe, Velvety Kale Soup, I decided to go super healthy to see if the final result was equally yummy. Packed full of kale and spinach, I had my doubts, but the soup was beyond delicious. Finally a way I can actually eat kale! I also love how the first recipe of each section provides multiple variations of the recipe because 1) If you don't dig Velvety Kale Soup you can make Creamy Butternut Squash Soup and 2) The multiple variations helps me learn the overall recipe better for making faster in the future. So far I've made 5 different dishes, and I can't wait to dive in more. The ideas and recipes are super clever and varied for so many occasions. Vegan 101 is definitely becoming my go-to cookbook. Thank you Spork Foods - Heather & Jenny!

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