Laura Theodore s Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet (Hardback)

By Laura Theodore

Jazzy Vegetarian LLC, United States, 2015. Hardback. Book Condition: New. 257 x 180 mm. Language: English . Brand New Book. In this comprehensive cookbook, Laura Theodore, the award-winning host of public television s Jazzy Vegetarian, brings us full menu plans, shopping lists, and over 130 delicious, quick-and-easy vegan recipes, each complete with nutritional analysis. Enhanced by over 200 full-color photographs, each recipe is ranked with an Ease-Factor to make it easy to choose dishes that fit into any busy schedule. Laura Theodore s Vegan-Ease includes all you need to know to embrace cost-saving, healthy, and delicious plant-based meals for you and your family. Laura Theodore s Vegan-Ease features scrumptious, vegan recipes that can be prepared using ingredients found at any supermarket, like Hungry Guy Burgers with Baked Steak Fries, Not-So-Crabby Cakes, Mac n Peas with Creamy Butternut Squash Sauce, Peanut Butter-Chocolate Mousse and Lemon Buttermilk Cake. Laura created this ultimate cookbook and guide to show how anyone can easily and economically create delectable, vegan, plant-based meals to be enjoyed by any foodie, whether omnivore, vegetarian, or vegan, offering every cook an easy, fresh approach to compassionate, mindful, and healthy eating. HIGHLIGHTS OF LAURA THEODORE S VEGAN-EASE: * Large full-color photographs...

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Reviews

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.
-- Dr. Kadin Hane DVM

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.
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