



Vegan Bible

Marie Laforêt

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The demand for vegan cookbooks is growing a pace as more and more people stop eating animal products for ethical or health reasons ? Vegan Bible containing more than 500 recipes and fully illustrated with pictures on every spread is the most comprehensive vegan cookbook on the market. Published in 2014 in French, it has become the No 1 best-selling vegan cookbook in France ever.

From this exhaustive work you will discover the richness and the diversity of vegan gastronomy and how cooking can still be truly creative even without eggs, meat, fish or dairy products. Learn how to make your own vegan cheeses, how to cook astonishing egg-free, dairy-free desserts, and how to prepare 100% vegan versions of some of the great classic dishes. As well as recipes for breakfasts, lunches, suppers and baby foods there are recipes for every occasion: birthdays, brunches, picnics, barbecues, and family get-togethers.

More than just a collection of recipes the book provides illustrated step-by-step information on the key ingredients of the vegan diet: nuts, flax seeds, chickpeas, avocado and there is a chapter outlining the essentials for vegan nutritional balance: where to find protein, calcium, vitamin B12, mistakes to avoid, and emphasizes necessary know-how to be acquired such as making cheese, creams or vegan milks.

This inventive, inspirational book is destined to be the only vegan cookbook you will ever need.

REVIEWS

Beautifully illustrated throughout, Vegan Bible is one of the most comprehensive vegan cookbook out there, opening you up to a whole world of diverse and exciting vegan gastronomy!... the perfect go-to cookbook for those new to veganism, with a whole chapter dedicated to vegan nutrition, including information on where to find those vital nutrients, pregnancy and children, and the elderly. Recipes range from dishes suitable for a romantic night in, to family gatherings, celebrations and even picnics and barbecues. There are some really simple recipes for those homemade vegan basics such as cheese, seitan, tempeh, etc. as well as lots of wonderful recipe ideas on how to create tantalizing dishes with these basics. When reviewing this book I came across a few personal favorites, such as the Grilled Courgette, Pine Nut and Herb Tart in the 'Doing Away With Eggs' chapter and the Chocolate and Soft Fruit Pizzas in the chapter, 'Cooking For Every Occasion'. This book is beautifully presented, making it an absolute treat to read and inspiring to us Veganuary

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Jamie Arellano:

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Muriel Carpenter:

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