



Vegan 101: A Vegan Cookbook: Learn to Cook Plant-Based Meals that Satisfy Everyone

Jenny Engel, Heather Bell

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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 cooking
- Go-To Recipes that kick-off each chapter with a popular vegan dish and three mouth-watering flavor variations
- "Take 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.

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Edward Torres:

Vegan 101: A Vegan Cookbook: Learn to Cook Plant-Based Meals that Satisfy Everyone can be one of your beginning books that are good idea. We recommend that straight away because this publication has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to set every word into delight arrangement in writing Vegan 101: A Vegan Cookbook: Learn to Cook Plant-Based Meals that Satisfy Everyone but doesn't forget the main stage, giving the reader the hottest as well as based confirm resource facts that maybe you can be among it. This great information could drawn you into completely new stage of crucial imagining.

Stephen Stansbury:

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