



# **The All American Vegan Cookbook: Nutrient Dense Alternatives to Traditional Favorites**

*Ivy Hunter*

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## **The All American Vegan Cookbook: Nutrient Dense Alternatives to Traditional Favorites** Ivy Hunter

Now vegan meal planning is as easy as choosing from a menu. Vegan versions of traditional American favorites for all ages. These comfort food secrets are now fully unlocked with every detail. This book is packed with recipes, and variations suggestions for recipes for all day, every day: breakfast, lunch, brunch, dinner, desert, sauces, and fermenting & preserving foods. This book is especially good for soy-free vegans. There's only 1 recipe that calls for Tofu. The detailed instructions allow for a flawless result. I've even included those variations between what we serve during the day, suggesting beverages are included with the times of day for serving them. A lot of detailed instruction goes in the chapters before the recipes, which teach you how to meal-prep, and the rest of your foundational kitchen skills are contained in the front section of the book with vegan balancing how-to, and meal-prep for a weeks worth of meals at once.

I want this to be an outline for my own daughter to use when going back to an old recipe or comfort food she had as a child. I realize my recipes are one of a kind as they have evolved over 20 years. My book started off as a binder in the kitchen where I would write my recipes and notes as I was 19 years old and cooking for myself. I meal prepped on Sundays, and created recipes when I wanted vegan versions of my family favorites. Soon, the 4 inch binder was loaded, unable to close even. I had always wanted to see this in a nice print format that I could share, and I finally had my chance over many months to get these recipes into a nice readable version. I was 40 when this book was published, so 21 years of my own perfected favorites are found in this Encyclopedic treasury.

This book also offers vegan versions on every level, from snack foods to organic raw vegan recipes. It's all so simple with this book. Over 100 recipes. Everything is healthier than what I was doing before going vegan, so this serves as a first-step family cookbook as well. You will understand the foods, and enjoy the fermentation section that will teach you about probiotics, fermented foods, and more. All the details and instruction are there to make this book complete and self explanatory.

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#### **Jill Weber:**

Exactly why? Because this The All American Vegan Cookbook: Nutrient Dense Alternatives to Traditional Favorites is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will distress you with the secret the item inside. Reading this book adjacent to it was fantastic author who write the book in such amazing way makes the content interior easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of benefits than the other book include such as help improving your ability and your critical thinking way. So , still want to hesitate having that book? If I had been you I will go to the e-book store hurriedly.

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This The All American Vegan Cookbook: Nutrient Dense Alternatives to Traditional Favorites is great publication for you because the content that is certainly full of information for you who else always deal with world and have to make decision every minute. This book reveal it facts accurately using great organize word or we can state no rambling sentences in it. So if you are read it hurriedly you can have whole facts in it. Doesn't mean it only will give you straight forward sentences but challenging core information with lovely delivering sentences. Having The All American Vegan Cookbook: Nutrient Dense Alternatives to Traditional Favorites in your hand like having the world in your arm, information in it is not ridiculous one. We can say that no guide that offer you world in ten or fifteen moment right but this reserve already do that. So , this is certainly good reading book. Hello Mr. and Mrs. stressful do you still doubt that?

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