



Student's Go Vegan Cookbook: Over 135 Quick, Easy, Cheap, and Tasty Vegan Recipes

Carole Raymond

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The choice to follow a vegan lifestyle is simple when you've got a cookbook full of delicious recipes representing the very best of gourmet, ethnic, and basic cuisine—served up vegan style! Even better, these dishes are tailored to fit a student's schedule and budget, making a vegan diet possible for just about anybody.

Carole Raymond brings flavor and depth to vegan food with just a few inexpensive ingredients and recipes that are simple enough for even dorm-room cooks to wow their friends. Raymond also includes nutrition information that is vital to a healthy vegan lifestyle, as well as tips on stocking a vegan pantry, innovative substitute ingredients for all the foods you love, and suggestions on how to experiment with vegan dishes and make each mouthwatering recipe your own. Her collection of recipes includes such savory dishes as:

- Apple-Pecan French Toast
- Hash in a Flash
- Thai Spring Rolls with Spicy Peanut Dipping Sauce
- Déjà Vu Sloppy Joes
- Spanish Tomato Soup
- Basic Baked Tofu
- Millet Salad with Curry-Ginger Dressing
- Pumpkin Scones
- Ten-Minute Brownies
- Coconut Tapioca

And much more!

Whether you're a curious but passionate newcomer or already a dedicated pro, the *Student's Go Vegan Cookbook* has enough variety, simplicity, and strategies for you to make tempting vegan food for every meal—every day of the week!

From the Trade Paperback edition.

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