

[PDF] The Complete Guide To Vegan Food Substitutions: Veganize It! Foolproof Methods For Transforming Any Dish Into A Delicious New Vegan Favorite

Celine Steen, Joni Marie Newman - pdf download free book

Books Details:

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Description:

Review

"The Complete Guide to Vegan Food Substitutions is a phenomenal guidebook and cookbook. It

reveals exactly how to replace any ingredient in any recipe. The results aren't just stellar—they're even better than the 'real' thing!"

—Rory Freedman, author of #1 New York Times bestseller *Skinny Bitch*

"A tremendously useful resource for anyone interested in a healthier and more plant-strong diet.
—John Robbins, author *The New Good Life, The Food Revolution, and Diet for a New America*

"It is not just right, it is beautiful; it is inspired and it makes a perfect gift for those relatives who always ask what on earth you eat!"

—Jeffrey Masson, Ph.D., bestselling author of *When Elephants Weep, The Face on Your Plate: The Truth About Food, and The Dog Who Couldn't Stop Loving*

"Exasperated by eggs? Challenged by cheese? Your life is about to change, thanks to *The Complete Guide to Vegan Food Substitutions!* Fun and informative, the book discusses the science of cooking and baking and shows how easy it is to embrace a cruelty-free lifestyle. Filled with more than 200 tried and true recipes, this book is essential for any vegan or aspiring vegan's bookshelf."

—Tamasin Noyes, author of *American Vegan Kitchen*

"Fun and informative, *The Complete Guide to Vegan Food Substitutions* is a creative feast for the eyes, fuel for imagination, and most importantly, a true palate pleaser. Expect to be entertained and satisfied by this one-of-a-kind cookbook."

—Alisa Fleming, author of *Go Dairy Free: The Guide and Cookbook for Milk Allergies, Lactose Intolerance, and Casein-Free Living* (www.GoDairyFree.com)

About the Author Celine Steen is the co-author of *500 Vegan Recipes* (Fair Winds, Fall 2009) and founder of the blog *Have Cake, Will Travel*. She lives in California.

Joni Marie Newman is the co-author of *500 Vegan Recipes* (Fair Winds, Fall 2009) and the author of *Cozy Inside: Delicious and Comforting Cruelty-Free Recipes*. She was born and raised in southern California and currently resides in Trabuco Canyon, CA with her husband, Dan.

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