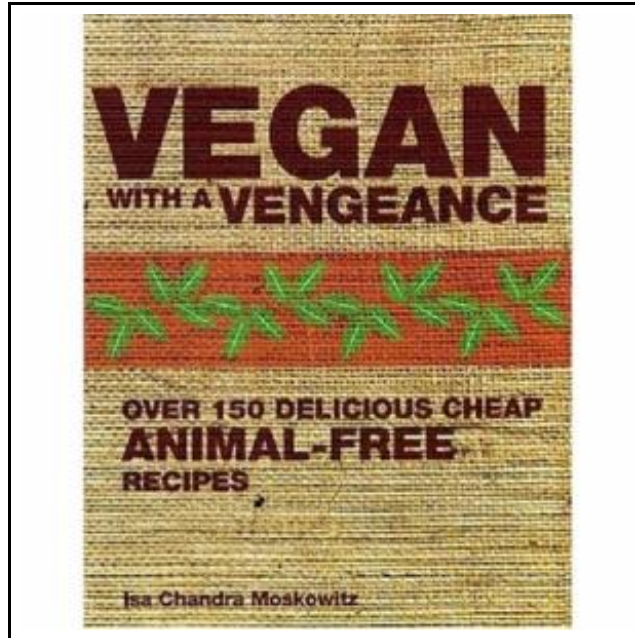


Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-free Recipes



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Grub Street. Paperback. Book Condition: new. BRAND NEW, Vegan with a Vengeance: Over 150 Delicious, Cheap, Animal-free Recipes, Isa Chandra Moskowitz, Vegans have often been misunderstood or treated with suspicion because of their beliefs. Now, this strict form of vegetarianism is attracting thousands of new adherents both young and old and it has now become socially accepted as more people learn the health risks of eating too much meat and the benefits both to themselves and the planet of a plant-based diet. "Vegan with a Vengeance" is a vegan cookbook for the 21st century. It is the creation of Isa Chandra Moskowitz, co-host of the hugely successful TV vegan cookery show in the US called "The Post Punk Kitchen". Isa's cooking philosophy embraces being kind to animals (all recipes are completely animal-product free) and your wallet - while being creative and having fun in the process. She emphasizes fresh ingredients and says that, like good music, cooking is best when it's innovative and experimental. Her inspired recipes - covering all the meals for the day are influenced by dishes from around the world that include: Asparagus and Sun-dried Tomato Frittata, Sweet Potato Hash with Five-Spice and Watercress, White Bean and Roasted Garlic Soup, Fresh mango Summer Rolls, Ginger Roasted Winter Vegetables, Cold Udon Noodles with Peanut Sauce, Raspberry and Chocolate Chip Blondie Bars and Lemon Gem Cupcakes.



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