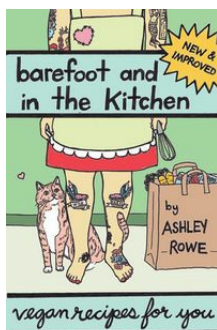


BAREFOOT AND IN THE KITCHEN: VEGAN RECIPES FOR YOU

Chock full of vegan recipes and featuring comics, drawings, and helpful asides for any vegan needs, this invaluable resource is much more than a standard cookbook. From apple cinnamon beer bread to award-winning mac and cheese, even the most carnivorous palates will be satisfied. With an emphasis on demystifying veganism and taking the intimidation out of cooking, this cookbook's tips, tricks, and glossaries of important ingredients and cooking terms serve to encourage the uninitiated as well as vegan veterans.



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Author	Ashley Rowe
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Reader's Opinions

Avocado "milk"shakes alone make this book worth it. But it's a great book.