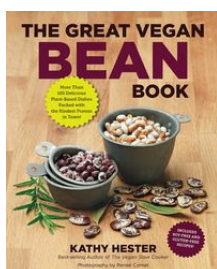


THE GREAT VEGAN BEAN BOOK

Garbanzo. Cannellini. Fava. Calypso. Edamame. Adzuki. It's true: beans have the coolest names ever. But besides that, they're also one of nature's most perfect foods. Packed with protein, nutrients, and flavor, you might even call them a vegan's #1 best friend (don't worry, we won't tell the trail mix, veggies, or French fries!). But with so much versatility and variety, where does one begin? Right inside these very pages, that's where. In The Great Vegan Bean Book,...



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The Great Vegan Bean Book

Author	Kathy Hester
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Reader's Opinions

A good way to add protein without cholesterol to your diet.

Ok. Hands DOWN, this is my favorite cookbook ever. For 2 weeks, my weekly menus have come only from this book, and I have spent less than \$100. The serving sizes are very conservative; I usually get at least double what the recipes say. Everything has been absofuckinglutely delicious. In fairness, I'm not vegan, so my food probably doesn't...