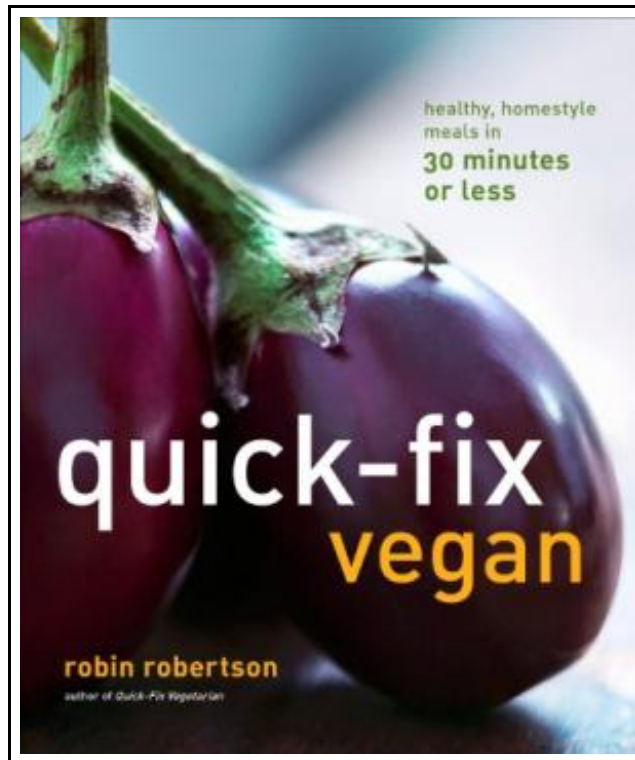


Quick-Fix Vegan: Healthy, Homestyle Meals in 30 Minutes or Less



Filesize: 5.24 MB

Reviews

This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.

(Leopold Schmidt)

QUICK-FIX VEGAN: HEALTHY, HOMESTYLE MEALS IN 30 MINUTES OR LESS



Andrews McMeel Publishing. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 7.4in. x 0.6in. 150 quick and easy vegan recipes all made in 30 minutes or less from a well-loved, best-selling author in the vegan community. Robertson cuts to the chase and puts together good food simply. If you were thinking of slapping together a sandwich, you may as well make one of hers, full of vibrant veggies and flavors, instead of the same old pb and j. It doesn't really take much more time. . . It was a real pleasure making dishes from the book. Like everyone else, I don't have a ton of time, so quick is always good. Reading and cooking from Robertsons recipes, I admire the way her mind works. As a fellow recipe developer, I can appreciate a well-crafted recipe. These recipes are simplified, but still interesting, and follow the shortest path from point A to point B. Simple looks easy, but it takes skill to make it that way. I also appreciate the use of whole foods, like beans, nuts and seeds, and the near absence of mock meats. Just because you are in a hurry doesn't mean you have to go in for vegan bologna or burgers every night, in Robertsons kitchen. --Robin Asbell's *The New Vegetarian* Following on the success of *Quick-Fix Vegetarian*, Robin Robertsons *Quick-Fix Vegan* provides 150 new vegan recipes ranging from starters, snacks, salads, sauces, and sandwiches to stovetop suppers, pastas, soups, and desserts that can all be prepared in 30 minutes or less. *Quick-Fix Vegan* also features Make-Ahead Bakes, convenient recipes that are assembled ahead of time (in less than 30 minutes) and then baked before serving. *Quick-Fix Vegan* draws upon a myriad of ethnic influences including French, Mexican, Moroccan, Mediterranean, Greek, Cajun, East Asian, Italian, and...



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