

## The Vegan Table 200 Unforgettable Recipes For Entertaining Every Guest For Every Occasion

Finally, a collection of recipes that provides guilt-free comfort-food indulgence for vegans everywhere. With 125 recipes and more than 30 food photos, author Julie Hasson aims to introduce plant-based diner fare both savory and sweet. This new vegan classic covers breakfast, lunch, and supper from the diner-gone-vegan! From pancakes, waffles, and luscious muffins to scrambles, faux Benedicts, and homemade sausage, this vegan cookbook has breakfast sizzling. Traditional lunches get a healthy new lease through clubs, open-faced sandwiches, soups, and pastas. Even filling casseroles, comforting mac-and-cheese, and slow-cooked stews are deliciously reinterpreted, followed by desserts ranging from shakes to creamy cheesecakes.

A fun and irreverent take on vegan comfort food that's saucy, sweet, sassy, and most definitely deep-fried, from YouTube sensation Lauren Toyota of Hot for Food. In this bold collection of more than 100 recipes, the world of comfort food and vegan cooking collide as Lauren Toyota shares her favorite recipes and creative ways to make Philly cheesesteak, fried chicken, and mac 'n' cheese, all with simple vegan ingredients. Never one to hold back, Lauren piles plates high with cheese sauce, ranch, bacon, and barbecue sauce, all while sharing personal stories and tips in her engaging and hilarious voice. The result is indulgent, crave-worthy food - like Southern Fried Cauliflower, The Best Vegan Ramen, and Raspberry Funfetti Pop Tarts - made for sharing with friends at weeknight dinners, weekend brunches, and beyond.

Live a joyful, compassionate life, every day of the year with Colleen Patrick-Goudreau's guide, *Vegan's Daily Companion!*

**Mondays: For the Love of Food** – A celebration of familiar and not-so-familiar foods to spark enthusiasm for eating healthfully.

**Tuesdays: Effective Communication** – Techniques and tactics for speaking on behalf of veganism effectively and compassionately.

**Wednesdays: Optimum Health for Body, Mind, and Spirit** – Care and maintenance for becoming and remaining a joyful vegan.

**Thursdays: Animals in the Arts: Literature, Film, Painting** – Inspiration across the ages that reflects our consciousness of and relationship to non-human animals.

**Fridays: Stories of Hope, Rescue, and Transformation** – Heartening stories of people who have become awakened and animals have found sanctuary.

**Saturdays + Sundays: Healthful Recipes** – Favorite recipes to use as activism and nourishment.

Busy vegans, rejoice! award-winning husband and wife chefs/authors Reinfeld and Murray present 150 delicious, easy-to prepare recipes for everyday vegan cooking -- all dishes that can be prepared in a half-hour. Sections include *The Lighter Side of Life: Smoothies & Satiating Beverages; Snacks, Pick Me Ups & Kids' Favorites; Lunches: Wraps, Rolls, Bowls, and More; Extraordinary Salads; Sumptuous Soups; Small Plates: Appetizers, Side Dishes, Light Dinners; Wholesome Suppers; Guilt-Free Comfort Food: Healthy Translations of Old Stand-bys; and Divine Desserts.* The *30-Minute Vegan* also provides at-a-glance cooking charts, kids' favorite dishes, and exciting menu suggestions for every occasion -- making this an essential cookbook for busy vegans who want to enjoy delicious, healthful, whole-foods vegan fare every day.

Flavorful Recipes to Suit Your Every Taste and Craving! Looking for more variety in your vegan cooking? Maybe a new type of muffin to make? Or perhaps a pasta or savory pie that's "just a little different," but full of flavor and taste? *500 Vegan Recipes* gives you the array of dishes you've been searching for, while still including all your favorite comfort foods and traditional fare. It's everything you've been looking for in a cookbook, and will be a staple reference in your kitchen for years to come. Vegans and non-vegans alike can satisfy their every craving with the recipes inside, which feature international cuisines such as Indian and Cajun, as well as hearty main courses, sinful desserts, and comforting soups and breads. Individual recipes are also marked with such distinctions as Soy Free, Gluten Free, Low Fat, and Under 30 Minutes. Recipes include: Peanut Butter and Chips Granola Wheat Germ Raisin Pancakes Banana, Peanut, and Oat Breakfast Biscuits Blooming Onion Rolls Greek Phyllo Samosas Sesame-Bean Spread Edamame Caviar Rustic Tempeh-Spinach Pie Cranberry Chili Sweet Potato, Roasted Red Pepper and Corn Bisque Pumpkin Spinach Ravioli Mexican Shepherd's Pie Apple Curry Fauxsage Roasted Caramel Nut Tartlets Cherry Almond Cookies Gluten-Free Fudge Brownies With 500 Vegan Recipes, eating healthfully has never been easier—or more kind! Vegan food is fabulous food, full of flavor and all the nutrients you need. With fun illustrations and a cool, punky sensibility, *How It All Vegan!* will tempt you to join the Vegan Empire. "Written with sass, style, and a sense of humor. More than just a cookbook. . . ."—BUST

A new cookbook by the pioneer of delicious gluten-free food offers mouthwatering vegetarian recipes for gluten-free eaters. Whether it's because of food allergies, celiac disease, or dietary preferences, more and more people want to eliminate gluten from their diet. Many are looking for hearty, flavor-packed vegetarian and vegan options to increase their energy and make healthy choices for their families and the environment. At last, Carol Fenster—one of the country's foremost experts on special diets and an author of several popular gluten-free cookbooks—answers the call of a growing market of at-home cooks. In *125 Vegetarian Gluten-Free Recipes*, Fenster applies her proven kitchen prowess to creating quick-and-easy vegetarian recipes that are sensational and healthful. From snacks and appetizers like Baked Kale Chips, to filling dinners like Chili Cornbread Casserole and Eggplant Parmesan Stacks, to decadent desserts like All-American Cherry Pie and Chocolate Brownies, *125 Vegetarian Gluten-Free Recipes* is the perfect addition to any gluten-free kitchen.

Explains the advantages of a plant-based diet for families with children and offers a collection of family-friendly vegan recipes for breakfast foods, soups, salads, sandwiches, snacks, main and side dishes, breads, and desserts.

Get your whole family excited about eating healthy! Veteran cookbook author Dreena Burton shows a whole foods, plant-based diet can be easy, delicious, and healthy for your entire family. In *Plant-Powered Families*, Burton shares over 100 whole-food, vegan recipes—tested and approved by her own three children. Your family will love the variety of breakfasts, lunches, dinners, desserts, and snacks, including: Pumpkin Pie Smoothie Vanilla Bean Chocolate Chip Cookies Cinnamon French Toast No-Bake Granola Bars Creamy Fettuccine Sneaky Chickpea Burgers Apple Pie Chia Pudding Plus salad dressings, sauces, and sprinkles that will dress up any dish! With tips for handling challenges that come with every age and stage—from toddler to teen years —*Plant-Powered Families* is a perfect reference for parents raising "weegans" or families looking to transition to a vegan diet. Burton shares advice and solutions from her own experience for everything from pleasing picky eaters and stocking a vegan pantry to packing school lunches and dealing with challenging social situations. *Plant-Powered Families* also includes nutritionist-approved references for dietary concerns that will ensure a smooth and successful transition for your own plant-powered family!

"With *Color Me Vegan*, Colleen Patrick-Goudreau takes veganism to a whole new level. This is exactly what people need to eat

more compassionately, experience superior health, and enjoy out-of-this-world flavors. Get ready to taste the real rainbow!"—Rory Freedman, author of the #1 New York Times bestseller *Skinny Bitch* "In *Color Me Vegan*, Colleen Patrick-Goudreau makes assembling balanced meals as easy as painting by numbers. With the publication of her third book, Patrick-Goudreau remains one of the most endearing and innovative vegan chefs."—Bryant Terry, author of *Vegan Soul Kitchen* "Taking 'nutrient-dense' to a whole new level, *Color Me Vegan* provides a mouthwatering palette of simple but delectable recipes. We should make a point to eat the rainbow, and this book is the pot of gold at the end that is sure to brighten any diet!"—Dr. Michael Greger, Director of Public Health at the Humane Society of the United States Eat by color for more flavorful meals and extraordinary health! In *Color Me Vegan*, author and vegan extraordinaire Colleen Patrick-Goudreau brings an edible rainbow of plant-based cuisine to your kitchen table with 150 flavorful recipes designed to boost your health and perk up your palate. With color as the guiding principle behind each section, Colleen shows vegetarians, vegans, and everyone in between exactly how phytonutrients—the most powerful, pigmented antioxidants on earth, found in everything from select fruits and vegetables, to grains, legumes, nuts, and seeds—can be expertly incorporated into your meals for the greatest nutritional punch. From the "Color Me Blue" chapter, for example, you'll be treated to recipes such as: —Radicchio Fennel Salad with Caper Dressing —Chilled Blueberry Mango Soup —Lavender-Roasted Purple Onions —Eggplant with Dengaku (Sweet Miso) Sauce —Purple Plum Pie with Crumble Topping From sensational starters and salads, to filling mains and sides, to crave-worthy desserts—in every color—each recipe is not just a feast for your stomach, but a feast for your eyes as well!

Over 250 recipes organized by themes including cafe culture, breakfast at the diner, lunch cart, urban garden, haute cuisine, "just desserts," and happy hour. At-a-glance icons signify which recipes are low-fat, fast, omnivore-friendly, kid-friendly, and frugal. Also included are essential tips covering vegan cuisine, an overview of the vegan pantry, and numerous menu ideas that will please even the staunchest omnivores!

*Get It Ripe* is a vegan cookbook for the twenty-first century with an emphasis on holistic living and whole food (i.e. unprocessed and unrefined) ingredients. Jae Steele is a registered holistic nutritionist; she has also been a professional vegan baker and has worked on an East Coast organic farm. Her life experiences and her love of vegan whole foods are at the heart of *Get It Ripe*, which not only includes uncomplicated yet delicious animal-free recipes, but advice and information on various aspects of holistic vegan living, including cleansing and detox programs, yoga and meditation, ethical consumerism, and the connections among mind, body, and spirit. The two hundred recipes include Butternut Risotto, Chipotle Black-Eyed Peas with Maple Mashed Sweet Potatoes, Cauliflower Chickpea Curry, Pad Thai, Fettuccini No-Fredo, Cinnamon Pumpkin Soup, Banana Cream Pie, and Cowgrrrrl Cookies. Two-color throughout, the book also includes sixteen full-color recipe photographs. Get healthy and energetic with *Get It Ripe*. In addition to being a registered holistic nutritionist, Jae Steele has authored numerous vegan cookzines and runs the blog *Domestic Affair*. She lives in Montreal.

In the follow-up to her bestselling memoir, *Dreamtime Alice*, Mandy Sayer tells the story of the ten years she and Yusef Komunyakaa spent together, first as lovers, then as husband and wife.

Entertain in style—vegan style. The *Vegan Table* is your one-stop source for creating the perfect meal for your friends and family. Whether you're hosting an intimate gathering of friends or a large party with an open guest list, author Colleen Patrick-Goudreau, crowned the "Vegan Martha Stewart" by *VegNews* magazine, will answer your every entertaining need. Inside you'll be treated to practically limitless recipe and menu ideas, making it easy to satisfy any and all palates and preferences. From romantic meals for two to formal dinners, casual gatherings, children's parties, and holiday feasts, you can keep the party going through every occasion and season. Recipes include: Pumpkin Curry Roasted Red Pepper, Artichoke, and Pesto Sandwiches Creamy Macaroni and Cashew Cheese Elegantly Simple Stuffed Bell Peppers Pasta Primavera with Fresh Veggies and Herbs Tempeh and Eggplant Pot Pies African Sweet Potato and Peanut Stew Roasted Brussels Sprouts with Apples and Onions Spring Rolls with Peanut Dipping Sauce South of the Border Pizza Tofu Spinach Lasagna Blackberry Pecan Crisp Flourless Chocolate Tart Red Velvet Cake with Buttercream Frosting Celebrate the joy of plant-based cuisine with *The Vegan Table*, your ultimate at-home dining and entertaining guide.

A born food-lover, raised in California on the best Mexican food in the country and her father's traditional Southern soul food, Alicia C. Simpson couldn't imagine giving up her favorite dishes to become vegan. Animal-free food might be healthier, but could it match the tastes of home—like fried chicken, macaroni and cheese, or a bowl of chili? Three years after Alicia took the vegan plunge, *Quick and Easy Vegan Comfort Food* answers that question with a resounding Yes! Here is the essential cookbook for any of America's more than 6 million vegans who miss the down-home tastes they remember (or want to try), or for vegetarians and even meat-eaters who want to add more plant-based foods to their diets, but don't know where to start. Comfort-seeking cooks will find: Easy-to-prepare, animal-free versions of classics like Spicy Buffalo Bites, Ultimate Nachos, Baked Ziti and more 65 delicious combinations for breakfast, lunch, and dinner, with flavors from around the world, like Chinese Take-In or Tijuana Torpedo Everything you need to know to start your vegan pantry, and why being vegan is easier, less expensive, and more delicious than you might think. With spirit and style, Alicia shows just how easy, yes, and comforting, vegan food can be. Whether you're a new to vegan cooking, a long-time vegan, or someone who is just trying to eat meatless meals a few times a week, this is the book for you. You will have a lifetime of recipes and inspiration. These delicious recipes for breakfast, lunch, dinner and everything in between, are cholesterol-free, low in saturated fat, and high in fiber and complex carbohydrates. You'll get crowd-pleasing appetizers and snacks like Mango-Avocado Spring Rolls and Savory Artichoke Squares and family favorites like Vegan Margarita Pizza and Baked Mac and Cheese. Best of all, Robertson gives you an endless variety of recipes from a diverse range of cultures. There is something in this book for everyone's taste! 1,000 Vegan Recipes: Includes a "FAST" icon featuring quick and easy recipes that can be ready in 30 minutes or less Provides kid-friendly recipes to help you get your kids to eat more nutritious foods Offers detailed information and guidelines on ingredients substitutions, special nutritional concerns, and a handy list of important pantry staples Presents vegan alternatives to restaurant favorites with recipes such as Penne with Vodka-Spiked Tomato Sauce, Fajitas Without Borders, Cheezecake with Cranberry Drizzle, Vegan Tiramisu, and vegan ice creams, sorbets, and granitas 1,000 Vegan Recipes is for everyone who is interested in healthy and delicious eating that is also ethically, environmentally responsible. Robin Robertson is a twenty-five-year veteran food writer, cooking teacher, and chef specializing in vegan and vegetarian cooking. She is the author of nineteen vegan or vegetarian cookbooks, including *Vegan Planet*, and is a regular columnist for *VegNews Magazine* and *VegCooking.com*. She operates a vegan- and vegetarian-focused Web site ([GlobalVeganKitchen.com](http://GlobalVeganKitchen.com)) and blogs regularly at [VeganPlanet.blogspot.com](http://VeganPlanet.blogspot.com).

Countless people are now cutting back on meat by enjoying more plant-based meals—to look and feel better, have a lighter eco-footprint, or to help animals. If you want to eat less meat and dairy without giving them up entirely, MeatLess offers concrete rationale and easy steps for reducing animal products. Kristie Middleton, senior food policy director for The Humane Society of the United States, shares inspirational stories from people who've lost weight, reached their health goals, helped animals, and improved their environmental footprint through plant-based eating. Along with its delicious, satisfying recipes that anyone can make, MeatLess offers tips and tricks for overcoming common barriers to diet change and how to make a better lifestyle stick—such as easy food swaps, where to dine out, and how to set and meet your goals. Whether you're a passionate meat lover or vegan-curious, MeatLess is the roadmap for a healthier life and a better you.

From the creators of the groundbreaking documentary comes the New York Times bestselling diet plan Sanjay Gupta called “the prescription you need to live a long, healthy life”—a plan to transition to a delicious whole-foods, plant-based diet in just twenty-eight days. The trailblazing film *Forks Over Knives* helped spark a medical and nutritional revolution. Backed by scientific research, the film's doctors and expert researchers made a radical but convincing case that modern diseases can be prevented and often reversed by leaving meat, dairy, and highly refined foods off the plate and adopting a whole-food, plant-based diet instead. Now, *The Forks Over Knives Plan* shows you how to put this life-saving, delicious diet into practice in your own life. This easy-to-follow, meal-by-meal makeover is the approach Doctors Alona Pulde and Matthew Lederman (featured in the documentary) use every day in their nutritional health practice—a simple plan that focuses on hearty comfort foods and does not involve portion control or worrying about obtaining single nutrients like protein and calcium. In just four short weeks you'll learn how to stock your refrigerator, plan meals, combat cravings, and discover all the tips and tricks you'll need to eat on the go and snack healthily. You'll also get 100 simple, tasty recipes to keep you on the right track, beautiful photographs, a 28-day eating guide, and advice throughout the book from people just like you. Whether you're already a convert and just want a dietary reboot, or you're trying a plant-based diet for the first time, *The Forks Over Knives Plan* makes it easier than ever to transition to this healthiest way of eating...and to maintain it for life.

Pamela Salzman shares a simple but powerful mantra with the students who attend her famed cooking classes: Eat well, live well, be well. Now, in *Kitchen Matters*, she shares the recipes that have won the praise of Nicole Richie, Rashida Jones, Audrina Patridge, and other mega-fans. Customizable for vegetarian, vegan, and grain-free diets, the recipes rely on accessible veggie-forward ingredients that are anti-inflammatory and nutrient-dense. Both practical and elegant, *Kitchen Matters* offers a roadmap for new and busy home cooks to begin including more wholesome foods every day, for meals as nourishing as they are unforgettable. "Isn't [Pamela] amazing? I couldn't boil water and now I regularly make dinner for my family."—Jenni Kayne, fashion designer  
*Presents a step-by-step guide to adopting a vegan lifestyle, describing its health and environmental benefits while counseling readers on everything from stocking a kitchen and preparing vegan foods to understanding how to achieve complete nutrition.*  
*Supernanny meets The Sneaky Chef: a celebrity nanny's holistic vegan program that gets kids to eat better and live calmer, more connected lives*

Holidays? Check. Birthdays? Check. Tuesdays? Check! Our research says life is 100% better any day pie is involved. There's nothing like a rich, gooey slice of apple pie straight from the oven, baked in a perfectly flaky crust and topped with cinnamon-sugar. And now it can be yours, along with dozens more mouthwatering varieties, vegan at last and better than ever. *Vegan Pie in the Sky* is the latest force in Isa Chandra Moskowitz and Terry Hope Romero's baking revolution. You'll find delicious and adorable pies, tarts, cobblers, cheesecakes and more—all made without dairy, eggs, or animal products. From fruity to chocolaty, nutty to creamy, *Vegan Pie in the Sky* has the classic flavors you crave. And the recipes are as easy as, well, you know. Serve up some: Maple-Kissed Blueberry Pie She's My Cherry Pie Chocolate-Peanut Butter Tartlets Salted Pecan Caramel Pie Pumpkin Cheesecake Learn how to rock (and roll) the perfect pastry crust, whether butter, graham cracker, chocolate cookie, or gluten-free almond. Luscious toppings transform your pie into a showstopper. And you'll even find handheld treats, to make getting your recommended daily allowance of pie more convenient! With gorgeous color photos and Isa and Terry's irreverent commentary throughout, *Vegan Pie in the Sky* is the modern baker's bible for pie that's out of this world.

The owners of Down to Earth restaurant share professional-quality, animal-free recipes for everyday and special occasions, organizing entries into such areas as appetizers, drinks and desserts while providing supplemental information on topics ranging from cooking for kids to stocking an organic pantry.

Live a healthy vegan lifestyle without breaking the bank with these 99 affordable and delicious plant-based recipes. *Frugal Vegan* teaches you how to avoid pricey perishables and special ingredients, and still enjoy nutritious, exciting food at every meal. Learn the tips and tricks to creating plant-based cuisine on a budget and fill yourself up with a delicious feast. Katie Koteen and Kate Kasbee are your guides to changing up your vegan cooking routine using less expensive ingredients. There's a meal idea for every time of day, whether it's a hearty breakfast of Pineapple Scones or Biscuits and Gravy; a Backyard BBQ Bowl or Crunchy Thai Salad for lunch; or Beer Battered Avocado and Black Bean Tacos, Mushroom Stroganoff or Chickpea Curry for dinner. Host movie night with a delicious snack like Salted Peanut Butter Popcorn, or indulge in Chocolate Coconut Cream Puffs for dessert. With practical tips and approachable recipes, *Frugal Vegan* will help you create stunning plant-based meals that'll not only save you money, but save you time in the kitchen, too.

After vegan chef Lindsay S. Nixon wrapped up her popular cookbook *The Happy Herbivore Cookbook* last year, she went back to her kitchen in her new home of St. Maarten. Island living encouraged her to come up with simpler recipes, which led her to create a follow-up cookbook with a focus on recipes that bring tasty back to quick-and-easy. Now, in Nixon's much-anticipated follow-up cookbook, *Everyday Happy Herbivore*, readers will see, once again, that just because plant-based eating is optimal for health, that doesn't mean it has to be expensive or time-consuming. *Everyday Happy Herbivore* will include more than 175 doable recipes—recipes that are so quick and easy, you could cook three healthy meals from scratch every day. Each of Nixon's recipes are made with wholesome, easy-to-find, fresh ingredients and include no added fats. With additional notes indicating recipes that are ideal for preparing ahead of time and those you can whip up with just a few dollars, *Everyday Happy Herbivore* will be the must-have cookbook for anyone desiring a healthier, happier menu!

Whether you want to improve your overall health, shed a few pounds, demonstrate your compassion for animals, or help the environment, Colleen Patrick-Goudreau, dubbed "The Vegan Martha Stewart" by VegNews magazine, holds your hand every step of the way, giving you the tools, resources, and recipes you need to make the vegan transition - healthfully, joyfully, and deliciously. In this one-stop, comprehensive guide, Patrick-Goudreau: debunks common nutrition myths and explains the best sources of such nutrients as calcium, protein, iron, and omega-3 fatty acids helps you become a savvy shopper, eat healthfully affordably, restock your kitchen, read labels, and prepare nutrient-rich meals without feeling overwhelmed offers practical strategies for eating out, traveling, hosting holiday gatherings, and attending social events

provides delicious, nutrient-rich, easy plant-based recipes empowers you to experience the tangible and intangible benefits of living a healthy, compassionate life, including achieving healthful numbers for cholesterol, blood pressure, weight, and more.

Motivated by the simple principle that eating more vegetables, fruits, and whole grains keeps people healthier longer, the Moosewood Collective presents this all-new collection of more than 200 recipes that make whole foods wholly delicious. Moosewood Restaurant's cookbooks have long been an essential resource for creative recipes for home cooks, recipes that make mindful eating an unqualified pleasure. In this latest book, the Collective has carefully crafted recipes that celebrate local and environmentally sustainable food and that reflect the latest thinking on good nutrition. From soups to desserts, the dishes in this book are distinctive, adventurous, and globally inspired. Including plenty of vegan, gluten-free, and raw food options, the book has something to please every taste. Polenta with Greens and Eggs or Whole Grain Pancakes will get the day started right; appetizers such as Chickpea Crêpes and Pineapple Salsa with Blueberries are festive for a casual gathering; and Southwestern Black Bean Burgers are a great choice for a cookout. Tofu, Leek, and Almond Stuffed Portabellas and Quinoa and Collard Leaf Dolmas are elegant choices for a more formal occasion. Desserts like Figs Baked with Chèvre and Pistachios, Chocolate Bark, and Sweet Potato Pie with Pecan-Oat Crust are naturally sweet and packed with nutrients. Each recipe comes with a detailed nutritional analysis as well as menu and serving suggestions. The Collective discusses everything from eating locally to the Glycemic Index, and the ideas and information will prove useful to both new vegetarians and those who grew up cooking with the Moosewood Restaurant. Eating well feels good. Moosewood Restaurant Cooking for Health is all about cooking for pleasure and cooking for health. You can do both!

"The Wynns are an unforgettable family. The details of their struggle to survive the Great Depression will linger long after the last page has been read."-Ann M. Martin, winner of the Newbery Honor for *A Corner of the Universe* A stunning debut novel about the true meaning of home Sadie Wynn doesn't want a new life; her old one suits her just fine. But times are hard in drought-plagued Missouri, and Daddy thinks they'll be better off in Texas. Sadie hates this strange new place, where even children must work at the cannery to help make ends meet and people are rude to her disabled father. Yet when trouble comes, it is the kindness of these new neighbors that helps the family make it through. And no one helps more than Dollie, a red-headed chatterbox of a girl who just might become a good friend-if Sadie gives her half a chance. *The Truth About Sparrows* is a 2005 Bank Street - Best Children's Book of the Year.

Finding plant-based recipes? Easy. Dealing with the social, cultural, and emotional aspects of being vegan in a non-vegan world? That's the hard part. *The Joyful Vegan* is here to help. Many people choose veganism as a logical and sensible response to their concerns about animals, the environment, and/or their health. But despite their positive intentions and the personal benefits they experience, they're often met with resistance from friends, family members, and society at large. These external factors can make veganism socially difficult—and emotionally exhausting—to sustain. This leads to an unfortunate reality: the majority of vegans (and vegetarians) revert back to consuming meat, dairy, or eggs—breaching their own values and sabotaging their own goals in the process. Colleen Patrick-Goudreau, known as "The Joyful Vegan," has guided countless individuals through the process of becoming vegan. Now, in her seventh book, *The Joyful Vegan*, she shares her insights into why some people stay vegan and others stop. It's not because there's nothing to eat. It's not because there isn't enough protein in plants. And it's not because people lack willpower or moral fortitude. Rather, people stay vegan or not depending on how well they navigate the social, cultural, and emotional aspects of being vegan: constantly being asked to defend your eating choices, living with the awareness of animal suffering, feeling the pressure (often self-inflicted) to be perfect, and experiencing guilt, remorse, and anger. In these pages, Colleen shares her wisdom for managing these challenges and arms readers—both vegan and plant-based—with solutions and strategies for "coming out vegan" to family, friends, and colleagues; cultivating healthy relationships (with vegans and non-vegans); communicating effectively; sharing enthusiasm without proselytizing; finding like-minded community; and experiencing peace of mind as a vegan in a non-vegan world. By implementing the tools provided in this book, readers will find they can live ethically, eat healthfully, engage socially—and remain a joyful vegan.

Yoga is the settling of the mind into silence according to Maharishi Patanjali in his seminal *Yoga-Sutras*. How to settle the mind and achieve this silence? The Divinely-realized techniques of yoga are the key. Within this book, you will discover the basic theory, philosophy and practices of classical yoga as received by Sri Dharma Mittra from his beloved Guru and refined over his half-century of practice and teaching. Can a book enlighten the mind on its own? No, but this book will without a doubt aid in the process. Om Shanti Om.

Lauren Ulm is a vegan cook whose star is on the rise. She hosts a popular blog that is read by more than 30,000 a day. She's a 2008 Veggie Awards winner from *VegNews* magazine who has been featured on *The Martha Stewart Show*, AOL, and the hippest sites on the web, including *BoingBoing.net* and *Etsy.com*. Now she delights her blog fans, as well as millions of vegetarian and vegan enthusiasts, with this sophisticated four-color cookbook filled with original and the most beloved meals from her blog. From appetizers to desserts, breakfasts to dinners, as well as holiday- and company-worthy fare, Ulm proves that vegan food doesn't have to be bland food. It's her love (okay, her obsession!) of making vegan foods exciting that is evident in her creations—recipes that are as artistic as they are quirky. With 90 percent of her ingredients available at any grocery store, her recipes are doable for the average person, and range from comfort-food staples like whoopee pies, macaroni, and blueberry cobbler, to foods with a sophisticated flair like mojito cupcakes, daikon noodle salad, and flaky pizza purse tapas appetizers. Stunning photographs and step-by-step instructions make *Vegan Yum Yum* an essential resource for any vegan kitchen.

Do you ever crave the delicious comfort foods served at your local diner, deli, or neighborhood cafe? This cookbook shows you how to make vegan versions of your favorite dishes in your own home kitchen. These 175+ recipes will satisfy vegans and non-vegans alike with deli sandwiches, burgers and fries, mac and cheese, pasta, pizza, omelets, pancakes, tasty soups and salads, casseroles, and desserts. Put together your own Blue Plate Specials from the roadside eateries of Route 66. Sample favorites from the cafes of San Francisco to the bistros of New York. Enjoy truly great American flavors from tempting ethnic dishes to the homestyle comfort foods of the heartland. Recipes include: Around-the-Clock Coffee Cake, Beer-Battered Onion Rings, Darn Good Donut Bites, Cajun Pot Pie, Fork-and-Knife Reubens, Midtown Greek Salad, Spicy Balsamic Maple Wingz, Yankee Cornbread, Southern Fried Seitan, Mom's Apple Pie, and many more. From coast-to-coast and cover-to-cover, *American Vegan Kitchen* helps you serve up great homestyle vegan recipes for breakfast, lunch, dinner, and desserts. The book contains 30 full-color photos and helpful icons to bring American comfort food home to your table.

Vegan chef of one of the top 50 food blogs on the Web, *HappyHerbivore.com*, Lindsay Nixon, gives hundreds of thousands of her followers recipes each month, showing that the vegan diet is not only healthy but delicious, too. Now, Nixon combines some of her tastiest recipes in *The Happy Herbivore Cookbook*, each made with no added fats, using only whole, plant-based foods. It's easy to make great food at home using the fewest number of ingredients and ones that can easily be found at any store, on any budget. *The Happy Herbivore Cookbook* includes:

- A variety of recipes from quick and simple to decadent and advanced
- Helpful hints and cooking tips, from basic advice such as how to steam potatoes to more specific information about which bread, tofu or egg replacer works best in a recipe
- An easy-to-use glossary demystifying any ingredients that may be new to the reader
- Healthy insight: Details on the health benefits and properties of key ingredients
- Pairing suggestions with each recipe to help make menu planning easy and painless
- Allergen-free recipes, including gluten-free, soy-free, corn-free, and sugar-free

With a conventionally organized format; easy-to-follow, step-by-step instructions; nutritional analyses, colorful photographs; funny blurbs at the beginning of each recipe; helpful tips throughout; and chef's notes suggesting variations for each dish, even the most novice cook will find healthy cooking easy—and delicious!

