



Laura Theodore's Vegan Ease

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Laura Theodore's Vegan Ease Laura Theodore

In this comprehensive cookbook, Laura Theodore, the award-winning host of public television's *Jazzy Vegetarian*, brings us full menu plans, shopping lists, and over 130 delicious, quick-and-easy vegan recipes, each complete with nutritional analysis. Enhanced by over 200 full-color photographs, each recipe is ranked with an Ease-Factor to make it easy to choose dishes that fit into any busy schedule. *Laura Theodore's Vegan-Ease* includes all you need to know to embrace cost-saving, healthy, and delicious plant-based meals for you and your family.


Laura Theodore's Vegan-Ease features scrumptious, vegan recipes that can be prepared using ingredients found at any supermarket, like *Hungry Guy Burgers with Baked Steak Fries*, *Not-So-Crabby Cakes*, *Mac n Peas with Creamy Butternut Squash Sauce*, *Peanut Butter-Chocolate Mousse* and *Lemon Buttermilk Cake*.

Laura created this ultimate cookbook and guide to show how anyone can easily and economically create delectable, vegan, plant-based meals to be enjoyed by any foodie, whether omnivore, vegetarian, or vegan, offering every cook an easy, fresh approach to compassionate, mindful, and healthy eating.

HIGHLIGHTS OF LAURA THEODORE'S VEGAN-EASE:

- * Large full-color photographs of recipes
- * Comprehensive nutritional information for each recipe, compiled by registered dietitian, Mitali Shah-Bixby, MS, RD, CSSD, LDN
- * Expert nutritional guidance for vegans from Julieanna Hever, MS, RD, CPT
- * Ease-Factor ranking for each recipe helps you plan your meals to fit your schedule
- * Colorful, well laid-out presentation and comprehensive index
- * Many recipes with five ingredients or less
- * Full chapter devoted to stress-free holiday recipes
- * Twelve full menu plans for any occasion, featuring recipes from the book
- * Basic shopping lists to help cut costs at the grocery store
- * Helpful cooking and lifestyle tips throughout the book
- * Recipes range from lighter fare to hearty and satisfying
- * Two chapters devoted to healthy, easy-to-prepare desserts and sweet treats
- * Foreword by Mainstreet Vegan author, Victoria Moran

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From reader reviews:

Anthony Harrison:

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Arturo McDaniel:

Information is provisions for individuals to get better life, information currently can get by anyone in everywhere. The information can be a understanding or any news even restricted. What people must be consider when those information which is inside former life are difficult to be find than now is taking seriously which one works to believe or which one typically the resource are convinced. If you receive the unstable resource then you obtain it as your main information you will see huge disadvantage for you. All of those possibilities will not happen inside you if you take Laura Theodore's Vegan Ease as the daily resource information.

Leslie James:

Exactly why? Because this Laura Theodore's Vegan Ease is an unordinary book that the inside of the publication waiting for you to snap this but latter it will surprise you with the secret it inside. Reading this book close to it was fantastic author who have write the book in such wonderful way makes the content interior easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of advantages than the other book have such as help improving your proficiency and your critical thinking technique. So , still want to postpone having that book? If I had been you I will go to the guide store hurriedly.

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