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The more than 7 million vegetarians and 3 million vegans in the United States alone are proving that chowing down on planet-friendly fare not only helps them look and feel better, but it can be delicious, too. In her debut cookbook, Karma Chow creator and celebrity chef Melissa Costello shares an exciting collection of 125+ recipes that will be a welcome addition for anyone already following a vegetarian or vegan lifestyle or for the growing number of people embracing more plant-based meals. As personal chef to celebrity fitness guru Tony Horton, creator of the bestselling P90X® fitness system, Melissa is constantly finding creative ways to keep Tony and her other clients happy, fit, and fueled. With her "keep it simple" and "make it tasty" approach, she offers a smorgasbord of dairy- and animal-free appetizers and desserts, breakfasts, and dinners, as well as holiday- and company-worthy menus. Recipes include: Mac & Cheeze, Karma Burgers with Chipotle "Mayo," Thai-Style Tempeh Lettuce Wraps, Supreme-Oh Burritos, Roasted Butternut Squash Soup, Korean-Style Tempeh Tacos with Red Dijon Slaw, Enchilada Casserole with Ranchero Sauce, Artichoke and White Bean Dip, Cilantro Cauliflower Smash, Pad Thai in Peanut Coconut

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Sauce, Stuffed Mushroom Poppers, Indian Spiced Coconut Yam Soup, Chili Sweet Potato Fries, Un-Shepherd's Pie, Strawberry Crème Mousse with Pistachio Nut Topping, Banana Carob Bread Pudding, Apple/Pear Crisp, Brownie Bites, Chocolate Truffles, and Cardamom Chocolate Chippers (a Tony Horton favorite!) The Karma Chow Ultimate Cookbook shows anyone how to reconnect with their food and honor it as Earth's source for keeping us alive—all while finding it easier to rock their workouts and sculpt a well-defined physique. It's a winning recipe for success for anyone looking to transition to a healthier way of life!

Vegan on a Budget. Simplified. Fans already know Olivia Biermann, from her Liv B YouTube fame (1 million average monthly views!), the Liv B blog (140,000 average monthly views!) and for her effortless and inexpensive plant-based cooking. In this follow-up to her bestselling Liv B's Vegan on a Budget, Olivia is back with a new collection of more than 100 recipes that are tastier and easier than ever before -- all helping you master cost-effective plant-based cooking. Everything in this book is cooked with either five ingredients or in one pot or on a sheet pan. Liv B's Easy Everyday also includes pressure cooker recipes, meal prep and freezing instructions, tips and food substitutions -- all to help you streamline your time in the kitchen. Looking to meal prep savory breakfasts for the week? Whip up

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a batch of Chorizo Tempeh Breakfast Wraps. Hosting a cozy family gathering? Try Sheet Pan Pot Pie. There are lots of delicious recipes, including Frying Pan Granola, One-Pot Mushroom Stroganoff, and Liv's Famous One Pot Mac n' Cheese. In a world of seemingly endless tasks, to-do lists and people clamoring for our attention, it's no wonder so many of us don't have the time or energy to cook. Olivia is here to help.

100 delicious drink recipes packed with nutrients scientifically proven to reduce inflammation—perfect for both enthusiasts of natural health and those new to its benefits. Chronic inflammation is a major health risk. Studies have shown it wreaks havoc on your body and contributes to heart disease, diabetes, Alzheimer's—and even cancer. And diet—specifically one high in processed, fatty, and sugary foods—is one of the main causes of chronic inflammation. But preventing and/or reducing inflammation can be as easy as making a delicious drink—let this book show you how! *Anti-Inflammatory Drinks for Health* contains 100 great-tasting recipes for drinks packed with anti-inflammatory foods including cinnamon, tart cherries, ginger, turmeric, blueberries, and many more. In addition to helping reduce the risk of developing disease, these drinks also can aid in:

- Weight loss
- Increasing energy
- Reducing pain
- Slowing the signs of aging

Also included is a list of inflammatory foods to avoid and even more ideas for

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how to add inflammation-fighting foods to any diet!
Improve your diet, your health, and your life, with
Anti-Inflammatory Drinks for Health!

From the creators of the popular YouTube channel The Whole Food Plant Based Cooking Show comes this timely and comprehensive cookbook! Plant Based Cooking Made Easy features over 100 life-saving, whole food plant-based recipes that are gluten-free, refined sugar & oil free, low in sodium, and full of scrumptious flavors. Modern cutting-edge nutritional research has clearly identified the whole food plant-based diet as the single most potent force for recovering and sustaining human health. Only a diet rich in a wide variety of fresh fruits, vegetables, beans, mushrooms, nuts, berries, and seeds—and which is free of highly processed foods, laden with preservatives, refined oils, sugar, and salt—has the power to reverse many of the leading chronic diseases the world faces today, including heart disease, diabetes, obesity, high blood, autoimmune disorders, and more. Jeffrey and Jill Dalton share the story of their own 23 year journey to plant-based transformation, one which not only empowered them to reverse their chronic health issues but also inspired them to create The Whole Food Plant Based Cooking Show—and now this cookbook! Drawing on their many years of experience with plant-based cooking, they spell out in detail all the appliances and preparations needed to set up your

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own kitchen for plant-based success. With over 100 recipes based on the best available plant-based nutritional research, *Plant Based Cooking Made Easy* covers all the bases, offering wholesome takes on everything from common comfort foods like hot dogs, macaroni & cheese, pizza, waffles, brownies, and double stuff Oreo cake, to international favorites like massaman curry, West African peanut sauce, sweet potato flatbread, mushroom bourguignon, tikka masala, hummingbird cake and more. Learn to easily make tasty gluten-free breads, muffins, cakes, pies, and cookies as well as plant-based cheeses and ice creams, salad dressings, and hummus, all in the comfort of your own kitchen. And if you should happen to get stuck, each recipe has a corresponding step-by-step video, easily accessible with a QR code scanner on your mobile device. With this cookbook as your ultimate guide, it has never been easier to make the life-changing switch to a plant-based diet. Soon to become an essential cookbook in healthy kitchens around the world, *Plant Based Cooking Made Easy* is your key to finally finding your own path to better health.

You don't have to be vegan to love vegan food. Want to cook vegan food at home but don't know where to start? Think vegan food is expensive? Unsure where to find the ingredients? Think again! Don't let anyone tell you vegan food is bland, boring or complicated. Roxy and Ben, creators of 'So Vegan' - one of the

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world's leading vegan recipe channels - will show you how to create fun and super tasty vegan recipes using just five ingredients, proving once and for all that vegan food is for everyone. So whether you're a full-time vegan, a curious carnivore or simply somewhere in between, So Vegan in 5 is your go-to guide for eating more delicious plants, packed with budget-friendly and time-saving recipes for the everyday cook. Vegan couple Roxy and Ben launched 'So Vegan' just over two years ago with the mission to revolutionise the way we think about vegan food. Nothing like So Vegan existed at the time, so the couple decided to take a leap of faith: they devoted all their spare time to developing and filming plant-powered recipes from their cosy south London flat. Fast forward to today, their channel now has over one million followers and their recipes reach a staggering tens of millions of people around the world every month. This book is bursting with over 100 exciting, all-vegan, low-cost and low-ingredient recipes for the time-poor cook. You'll find quick and easy breakfasts, simple and healthy light meals, classic dinners and indulgent desserts, plus so much more. As well as stunning everyday recipes and foodie tips, the book also contains helpful advice on how to live a more sustainable life. Being vegan just became easy. "So Vegan in 5 showcases fun and simple recipes and lots of inspiration for Meat Free Mondays!" - Paul McCartney 'Here is a

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cookbook that makes it even easier to make delicious vegan food for someone who can't cook at all, like me! Thank you, Roxy & Ben.' - Chris Martin, Coldplay 'A must-have cookbook if you're looking for super simple and tasty vegan recipes during Veganuary!' - Veganuary

130+ recipes all suitable from 6 months old Wean your baby and feed your family at the same time by cooking just one meal in under 30 minutes that everyone will enjoy! Say goodbye to cooking multiple meals every day and the nuisances of making special little spoonfuls for your baby, plainer dishes for fussy older siblings, and something different again for the grown-ups. With this ingenious new way to introduce solid food to your baby, you'll cook a single meal and eat it together as a family where the baby will learn how to eat from watching you. Each recipe is quick to prepare and easy to adapt for different ages and dietary requirements. So forget 'baby food' and make light work of weaning with What Mommy Makes!

'This book is fantastic. We love the recipes and secretly wish that we'd written them ourselves!' Stephen and David Flynn, The Happy Pear 'Get ready, because this book is going to change your life in so many positive ways!' Kathy Freston, New York Times best-selling author of Clean Protein 'Dr Alan Desmond's The Plant-Based Diet Revolution will introduce a new era of delicious food that promotes

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a healthy mind, body and gut. Long live - and live long - in the Revolution!' Dr Will Bulsiewicz, New York Times bestselling author of Fiber Fueled 'With clear scientific explanation, colourful illustrations, and dozens of easy, tasty recipes, Dr Desmond has created an instant classic that gently guides you through the delicious transition to a health-promoting, plant-based diet.' Dr Michael Klaper As rates of chronic disease continue to rise, 'What should we eat?' has become one of the most important questions of the 21st century. Dr Alan Desmond cuts through the diet confusion to explain how we can all unlock the power of a healthy gut and optimise our overall well-being by simply putting more plants on our plate. Alongside clear explanations of the science and 80 beautifully illustrated and completely plant-based recipes, you'll find 'the 28-day revolution', the essential step-by-step guide to discovering the true power of a plant-based diet for yourself. Join The Plant-Based Diet Revolution today and unleash the true power of the food on your plate!

The fastest selling baking book of all time, from social media sensation Jane's Patisserie 'This will be the most-loved baking book in your stash!' - Zoë Sugg Life is what you bake it - so bake it sweet! Discover how to make life sweet with 100 delicious bakes, cakes and treats from baking blogger, Jane. Jane's recipes are loved for being easy,

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customisable, and packed with your favourite flavours. Covering everything from gooey cookies and celebration cakes with a dreamy drip finish, to fluffy cupcakes and creamy no-bake cheesecakes, Jane' Patisserie is easy baking for everyone. Whether you're looking for a salted caramel fix, or a spicy biscoff bake, this book has everything you need to create iconic bakes and become a star baker. Includes new and exclusive recipes requested by her followers and the most popular classics from her blog - NYC Cookies, No-Bake Biscoff Cheesecake, Salted Caramel Drip Cake and more! This essential collection of best-ever purees by British TV personality and children's nutrition expert Annabel Karmel features 100 quick and easy recipes that will make for a healthy and happy baby—all the recipes are suitable for babies aged six months and above, and are so tasty you will want to eat them yourself! Babies grow more rapidly in their first year than at any other time in their lives, so how you feed your newborn will be one of the most important decisions you make for your new baby. Making your own baby food is not only more economical than buying commercial brands, it also assures that your child consumes only the freshest, top-quality ingredients. British television personality and children's nutrition expert Annabel Karmel's essential collection of best-ever purees grants new parents their wish: one hundred quick and easy recipes that

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will make for a healthy and happy baby. From first tastes and weaning, right through to meals for older babies, all the recipes are suitable for children aged six months and older. And with all these fruit and vegetable favorites, and innovative fish, meat, and chicken purees, the dishes are so tasty you will want to eat them yourself! In addition to easy and delicious recipes, Top 100 Baby Purees also includes information on: -Weaning your baby and transitioning to solid foods -Food allergies -Time-saving food preparation tips -Freezing and reheating your homemade baby food -Tricks on finding the hidden nutrition in everyday foods Featuring a preface by Dr. Michel Cohen, New York pediatrician and author of The New Basics: A-to-Z Baby & Child Care for the Modern Parent

A dairy-free rich chocolate tart that only takes 10 minutes to make? Banana waffles drizzled with maple syrup that are gluten-free? Flaky sausage rolls that are totally plant-based? Goopy nut butter choc pots made without eggs and ready to eat, fresh from the oven, in just 15 minutes? If you have suffered ill health or have food allergies and intolerances and are looking for recipes that can be made in minutes, with instructions you can understand, using ingredients you probably already have and are guaranteed healthy and tasty, then this is the only cookbook you need in your kitchen.

Healthy Living James includes 80 delicious recipes, each one gluten-free, dairy-free, egg-free and mainly plant-based (but with easy options to add in meat or fish). Every recipe aims to teach you how easy it is to cook this food, using affordable supermarket ingredients and a couple of pots and pans, even

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if you have limited time, energy or skill. 'I've created a cookbook to cater for all, no matter your allergies or food choices. No judgement or preaching, just accessible recipes for all to enjoy. That's why I've opened this recipe book up so that you can use whatever flour, milk, cheese, meat or fish you want.' Recipes include: Chocolate Peanut Butter Shake & Take Oats Strawberry Granola Pot Tex-Mex Quinoa Salad Homemade Pot Noodle Mushroom Stroganoff 20-Minute Fish Curry Chickpea & Avocado Smash Burgers Cheesy Gnocchi Bake Meat-Free Ball Marinara Sub Garlic Flatbread Salt & Vinegar Smashed Potatoes 'Healthy Living James is the book that I needed when I was struggling with my health. Ten years ago, I fell seriously ill out of the blue, which left me bed-bound for two years and house-bound for the next four. I knew that food could be an important part of my recovery journey, but I had no idea how to cook and no energy to concentrate on complicated instructions. I was looking for quick, easy and healthy recipes, with just a handful of ingredients and basic steps that even I could follow. I couldn't find anything suitable, so I decided to teach myself.'

ROZ PURCELL'S APPROACH TO COOKING IS SIMPLE – USE WHOLE FOODS TO LIVE A WHOLE LIFE. Having developed a negative relationship with food that led her to make unhealthy food choices, she changed her lifestyle by rediscovering her love of cooking. Roz used her passion for food to develop the most amazing recipes that fuel the body, providing the energy and vitality needed to look and feel great. For Roz, a healthy lifestyle isn't about extremes, it's about balance. Written in a wonderfully accessible way, Natural Born Feeder features over 170 easy-to-follow, delicious recipes. So get inspired, get into the kitchen and get cooking! Roz Purcell began blogging at naturalbornfeeder.com in 2013 to document her love of cooking and to share her recipes. No stranger to television

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audiences, she won Celebrity Come Dine with Me (Ireland) in 2012 and regularly appears on TV3's Xposé. Roz is also one of Ireland's most successful models and the 2010 winner of Miss Universe Ireland. Originally from Co. Tipperary, she now lives in Dublin.

Baby food finally goes plant-based in this cookbook featuring 300 easy, delicious recipes that any parent can make to ensure their babies and toddlers get all the nutrients they need...without any of the ingredients they don't. Every parent wants to make sure their baby is eating the freshest, healthiest food possible, whether their baby is eating mashes and purees or simple finger foods. The Big Book of Plant-Based Baby Food makes preparing baby food easier than ever with these 300 simple, plant-forward recipes that give your children the nutrients they need, all while being delicious to eat! Focused entirely on whole, natural foods from plant-based sources, this book includes recipes like: -Basic baby-approved purees that feature a wide range of fruits and veggies, from the simplest applesauce to a tasty garden vegetable and lentil mash -Functional snacks like teething biscuits for babies to chew or homemade puffed treats that toddlers will love to pick up for improved motor skills -And finger foods that sound so delicious you'll want to try them yourself, like sweet potato fries, strawberry raspberry muffins, and whole wheat mac 'n' cheese These easy, appetizing recipes will ensure that your kids are getting all the nutrients they need with ingredients you love!

Curious about how a plant-based diet can positively transform your health and wellbeing? Eager to take your first steps towards plant-based health and happiness? But unsure how or where to start? With over ten years of experience supporting people from all over the world on the best methods for adopting a plant-based diet, you can rely on David and Stephen to equip you with the tools, advice and

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recipes you need to boost your whole body health and catalyse positive changes within your life. The Happy Health Plan is packed with over 80 delicious, easy-to-make recipes from breakfast options like hearty healthy banoffee overnight oats, smoothie bowls and gut healthy granola, to tasty dinners like Bombay sweet potato curry, creamy roasted red pepper pasta and humble lentil stew. Alongside their happy heart, skin and shape club recipes, the Happy Pears also provide expert advice on when to eat, successful meal planning, improving your gut health, and how to sleep better. By following their tried and tested advice, this book will leave you feeling energised with a practical step-by-step plan to enhance your whole body health and happiness.

Think you know vegan cooking? Lengthy, complicated recipe lists, expensive, hard-to-find ingredients, flavourless food? Think again! Let Aine Carlin, creator of popular vegan lifestyle blog Pea Soup Eats, enlighten you with her delicious recipes and straightforward tips. Keep it simple with easy-to-follow recipes, using a sensible number of ingredients that can be found in your local supermarket. Keep it tasty with chapters including Breakfast, Brunch & More, Light Lunches & Simple Suppers, Something Special, Sauces & Sides and Sweet Treats. Delight your senses and tantalise your tastebuds with Rosemary and Pear Stuffed French Toast, Santorini Spaghetti or Sweet Potato Sushi. Keep it fun - Aine is a truly creative cook who loves to whip up dishes that burst with colour and flavour, such as her Zesty Watermelon & Bulgur Wheat Salad. And don't be fooled into thinking there's no room for treats - Fudgy Brownies, anyone? But most of all, Keep it Vegan! With this gorgeous selection of 100 simple, tasty and fun recipes, newcomers and long-time vegans alike will find plenty to keep them well-fed and inspired. The vegan diet is great for your health, bank balance and the environment, so what are you waiting for? Dive in and

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discover these vegan delights.

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In the South, a conversation among home cooks can be just about as illuminating as any culinary education. Luckily for Stacey Little, home cooks run in the family. Whether it's fried chicken or pimento cheese, fruit salad or meatloaf, everybody's family does it a little differently. The Southern Bite is a celebration of those traditions and recipes every Southern family is proud to own. It's the Pecan Chicken Salad that's mandatory for every family reunion and the hearty Goulash, so comforting after a long day. It's the Glazed Ham that makes its way to the Easter table every year. If you're lucky enough to hail from the South, you'll no doubt find some familiar favorites from your own family recipe archives, along with a whole slew of surprises from Southern families a lot like yours! There's Turnip Green Dip for your next party, Chicken Corn Chowder for those chilly fall nights, and Cornbread Salad for when you really need to make an impression. No matter what's cooking, Little's goal is the same: to revel in the culinary tradition all Southerners share. These are the recipes that bring us together and the meals our families will cherish for generations to come.

'No pressure, just food pleasure' Grime artist Big Zuu has a hidden talent - he has serious flair in the kitchen.

Accompanying his hit TV series on Dave, Big Zuu's debut cookbook Big Zuu's Big Eats celebrates flavour, family and food with a West African twist. A self-taught chef, Big Zuu is determined to prove that cooking can be a fun and affordable experience - if you often find you can't be bothered to cook or prefer to kick back with a Big Mac, this book is a game changer. Discover more than 100 mouth-watering recipes infused with Zuu's signature style, including dishes from the show and brand new originals. From Doritos Fried Chicken,

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Sumac Sea Bass and Big Bang Broccoli to Mumma Zuu's Jollof Rice, Vegan Doner Kebabs and Swedish Cinnamandem Buns, Big Zuu's Big Eats will up your kitchen vibes and prove that you don't need a Michelin star education to chef up some serious food creations.

THE NO.1 BESTSELLING BOOK - PACKED WITH QUICK AND EASY MEAT-FREE VERSIONS OF OLD FAVOURITES AND INSPIRING ADVICE ON HOW TO BE HEALTHIER!

'These lovely boys always create incredibly tasty food' Jamie Oliver David and Stephen Flynn, the twins behind the Happy Pear cafés and food business, know it can be challenging to juggle everything and still feel inspired! And being busy dads themselves they also know the pressure of getting delicious healthy meals on the table every day. So Recipes for Happiness is very close to their hearts. And it does what it says on the cover: it is crammed with recipes to make you happier, including: - ECONOMICAL EASY DINNERS - Thai golden curry, chickpea tikka masala and one-pot creamy mushroom pasta - GORGEOUS HEARTY DISHES - Greek summer stew, goulash and an ingenious hob lasagne - PLANT-BASED ALTERNATIVES TO FAMILY FAVOURITES - Burgers, hotdogs, nuggets and even kebabs -

IRRESISTIBLE TREATS - Summer fruit bakewell tart, double choc brownie cake For nearly 15 years David and Stephen's mantra has been Eat More Veg! They have seen fads come and go and they know that what works - for themselves, their families and the thousands of people who eat the Happy Pear way. Cook from Recipes for Happiness and you too will definitely be well on the way to making your life healthier and happier! _____ 'The poster boys for a healthy way of life!' Sunday Times 'Healthy, vegan and all ready in under 30 minutes!' Veggie 'Proper good food . . . hearty, decent and delicious' Russell Brand 'Two of the most positive people I have ever had the pleasure of spending time with . . .

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their story is one of inspiration' Dr Rangan Chatterjee 'A healthy eating phenomenon' Mail on Sunday 'These twins are on a roll' Time Out '[They] couldn't look healthier or happier . . . poster boys for vegetarianism' The Times 'Crammed with great recipes to make you healthier and happier' Take a Break 'The boys are helping to make the world a healthier, happier place . . . what's not to love?' Vegan Food and Living 'Enjoy these indulgent-but-healthy dishes indoors or out - you won't even notice it's raining' Vegan Living 'Substantial . . . just right for someone interested in exploring the world of "plant-power"' The Vegetarian

Though they have written two No 1 bestselling vegetarian cookbooks, David and Stephen Flynn, the twins behind the Happy Pear cafes and food business, know it can be challenging to juggle everything and still feel inspired. And being busy dads themselves they also know the pressure of getting delicious healthy meals on the table every day. So Recipes for Happiness is very close to their hearts. And it does what it says on the cover - it is crammed with recipes to make you happier including . . . - a tonne of economical easy dinners that can be rustled up in 15 minutes (chickpea tikka masala, Thai golden curry, one-pot creamy mushroom pasta) - clever meat-free alternatives to popular favourites (burgers, hotdogs, nuggets, kebabs) - and lots of irresistible treats (summer fruit Bakewell tart, double choc brownie cake) As well as over 100 recipes, there is also an inspirational section on living happier covering everything from rebooting your diet to learning how to manage your head. For nearly 15 years David and Stephen's mantra has been 'Eat More Veg!'. They have seen fads come and go and they know that what works - for themselves, their families and the thousands of people who eat the Happy Pear way. With Recipes for Happiness as your guide you too will be well on the way to making your life healthier and happier!

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“An of-the-moment healthy food trend . . . smart, simple recipes that range from Fennel Pho to Summer Squash Dumplings and a Black Rice Burrito Bowl.”—Well+Good, “The 10 Most Exciting Health Books to Read in 2016” A restorative bowl of vegetarian ramen sent Lukas Volger on a quest to capture the full flavor of all the one-bowl meals that are the rage today—but in vegetarian form. With the bowl as organizer, the possibilities for improvisational meals full of seasonal produce and herbs are nearly endless. Volger’s ramen explorations led him from a simple bowl of miso ramen to a glorious summer ramen with corn broth, tomatoes, and basil. From there, he went on to the Vietnamese noodle soup pho, with combinations like caramelized spring onions, peas, and baby bok choy. His edamame dumplings with mint are served in soup or over salad, while spicy carrot dumplings appear over toasted quinoa and kale for a rounded dinner. Imaginative grain bowls range from ratatouille polenta to black rice burrito with avocado. And unlike their meatier counterparts, these dishes can be made in little time and without great expense. Volger also includes many tips, techniques, and indispensable base recipes perfected over years of cooking, including broths, handmade noodles, sauces, and garnishes. Photographs by Michael Harlan Turkell. “Brim with brilliant noodle-broth ideas. Cherry-pick the toppings you like, or follow the full recipes—either way, you’ll be floored by just how delicious this dorm-room classic can be.”—Oprah.com “Explores vegetarian versions of the best bowl foods from around the globe.”—Epicurious, “The 30 Most Exciting New Spring Cookbooks” “A go-to cookbook for Asian-inspired vegetarian soups, noodle bowls, and dumplings.”—Library Journal (starred review)

A plant-fueled lifestyle guide to la bella vita, complete with 125 vegan Italian recipes the whole family will love, from the authors of *The Plantpower Way*, Julie Piatt and Rich Roll

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have inspired countless people to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, thousands of people are now living healthier and more vibrant lives. Now, with their new cookbook, they're doing it again but with added Italian flair. If you think a healthy vegan lifestyle means giving up your favorite creamy pastas and cheesy pizzas, then think again. In *The Plantpower Way: Italia*, they pay homage to Italy's rich food history with an inspiring collection of 125 entirely plant-based recipes for the country's most popular and time-honored dishes. Julie is known for her creativity and resourcefulness in the kitchen, and her recipes will show just how rich and luscious Italian cuisine can be, without a drop of dairy in sight! Filled with fresh vegan takes on Italian staples, inventive new recipes, and stunning photographs of the Italian countryside, *The Plantpower Way: Italia* is a celebration of Italy's most delicious flavors and will show everyone a fresh, beautiful, and healthful side to Italian cooking.

Sometimes all you need is a little spark of inspiration to change up your regular cooking routine. *The Love & Lemons Cookbook* features more than one hundred simple recipes that help you turn your farmers market finds into delicious meals. The beloved *Love & Lemons* blog has attracted buzz from everyone from bestselling author Heidi Swanson to *Saveur Magazine*, who awarded the blog Best Cooking Blog of 2014. Organized by ingredient, *The Love & Lemons Cookbook* teaches readers how to make beautiful food with what's on hand, whether it's a bunch of rainbow-colored heirloom carrots from the farmers market or a four-pound cauliflower that just shows up in a CSA box. The book also features resources to show readers how to stock their pantry, gluten-free and vegan options for many of the recipes, as well as ideas on mixing and matching ingredients, so that readers always have something new to try. Stunningly designed and

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efficiently organized, The Love & Lemons Cookbook is a resource that you will use again and again.

The No 1 bestselling cookery book in Ireland - for two years running! 'These lovely boys always create incredibly tasty food.' Jamie Oliver Let's face it: while we want to eat more fruit and veg and things we know are good for us, we sometimes fall short because we're not sure how to turn all that great produce into great food. Well, welcome to the Happy Pear way of eating - healthy but never worthy, easy but never dull, and packed with mind-blowing flavour, exciting texture and vibrant colour. The Happy Pear opened ten years ago when twins David and Stephen Flynn, passionate about starting a food revolution in their home town, took over their local fruit and veg shop and later opened a café. Their revolution has not only succeeded, but it is spreading, and The Happy Pear's fans range from young parents to pensioners, ladies-who-lunch to teens-on-the-run, hipsters to Hollywood stars. David and Stephen's first cookbook is full of irresistible recipes for everything from everyday breakfasts, lunches and dinners, to scrumptious - and yes, still wholesome! - cakes and sweet treats, to special occasion splurges. David and Stephen also tell their story (how they transformed from jocks to hippies before finally finding their groove), share their top tips for maximizing taste and goodness in food, and explain how they've succeeded in building a food business based on flavour, health and community. 'The poster boys for a healthy way of life' Sunday Times 'Proper good food ... hearty, decent and delicious' Russell Brand 'I love The Happy Pear ... genuinely good food that brings healthy eating in from the cold' Irish Times 'My favourite [vegetarian cookbook] ... packed with recipes, health advice and inspirational stories.' Huffington Post 'A beautifully presented book with mouthwatering photography' Woman's Way 'A healthy eating phenomenon' Mail on Sunday 'These

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Irish twins are on a roll' Time Out '[They] couldn't look healthier or happier ... the poster boys for vegetarianism in Ireland' The Times

Written, illustrated and compiled by Erin Darcy, IN HER SHOES began as a grassroots art project online and quickly grew into a national conversation ahead of the 2018 referendum. IN HER SHOES is the story of a changing social landscape, of an uprising within the author and within Ireland. Make any recipe vegan or vegetarian to suit your preference Plant-based cooking means different things to different people. We all come to plant-based eating with different goals in mind. ATK's diverse, modern guide offers foolproof recipes for every occasion that you can tailor to suit your own needs, choosing whether to make any dish vegan or vegetarian. From building a plant-centric plate to cooking with plant-based meat and dairy, you'll find everything you need here to create varied, satisfying meals. The 500-plus recipes are vegan but flexible. You can choose whether to make the Rancheros with Avocado with tofu or eggs, the Farro Salad with Cucumber, Yogurt, and Mint with plant-based or dairy yogurt, the Vegetable Fried Rice with Broccoli and Shiitake Mushrooms with or without eggs, and the No-Bake Cherry-Almond Crisp using coconut oil or butter. ATK's plant-based eating strategy is easy, budget-friendly, and inclusive--cuisines around the world are rich with boldly flavored, naturally vegan dishes. Drawing inspiration from them, these recipes showcase produce, beans and grains, and vegan (and vegetarian) protein sources. The Complete Plant-Based Cookbook is packed with ingenious tips for cooking with plant-forward ingredients and also showcases ATK's practical techniques. Rethink how you use vegetables (blend leeks into a silky pasta sauce, use beets to transform a burger from the "vegan option" into the best option); discover how to boost umami flavor using tomato paste, dried

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mushrooms, and miso; and more. A thorough opening section delves into the details of modern plant-based eating, addressing shopping and storage strategies, the plethora of plant-based meat and dairy options, and how to meet nutritional needs.

The essential primer and guide to preparing delicious, totally vegan, nut-based cheeses, from the coauthor of *The Plantpower Way*. In their debut cookbook, *The Plantpower Way*, Julie Piatt and her ultra-endurance athlete husband, Rich Roll, inspired thousands to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, countless people are now enjoying healthier and more vibrant lives. In *This Cheese Is Nuts*, Julie is bringing that message to the forefront once more, with a stunning collection of flavorful nut-based cheeses. Julie has always been known for her dairy-free cheeses, and here she shares seventy-five recipes using almonds, cashews, and other nuts to create cheeses anyone can make right at home. Nut-based cheeses are on the cutting edge in the world of vegan cuisine. They're remarkably simple to prepare (all you need are a few simple ingredients and a basic dehydrator), and in as little as twenty minutes, you can have an assortment of tasty fresh cheeses fit for any occasion. Even creating aged cheeses is easy—they require only a day or two in the dehydrator, so making “fancier” cheeses, like Aged Almond Cheddar, is an almost entirely hands-off process. And though they're delectable on their own, Julie's nut-based cheeses are a terrific component in her recipes for Raw Beet Ravioli with Cashew Truffle Cream, Country Veggie Lasagna with Fennel and Brazil Nut Pesto, French Onion Soup with Cashew Camembert, and more. Filled with the essential tips, tools, and mouth-watering recipes home cooks need to immerse themselves in the world of nut-based cheese-making, *This Cheese Is Nuts* will demonstrate why nut

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cheeses should be part of any healthy, sustainable diet. 'Ireland's answer to Deliciously Ella... this girl is going to go far - and we're not going to go hungry' – Stellar Magazine The Little Green Spoon includes over 100 gorgeous and healthy everyday recipes that don't compromise on anything, least of all taste! Indy Power aims to make mealtimes as simple as possible, and has marked every dish with vegan, paleo, gluten-free and dairy-free symbols so that you can easily identify the perfect food to suit the way you choose to eat. Her recipes will make you fall in love with healthy food that's easy, accessible and perfect for sharing with family and friends. Transforming how we view healthy food, Indy has created a stunning collection of nourishing dishes that taste just as amazing as they will make you feel.

THE ESSENTIAL VEGAN COOKBOOK, FEATURING MORE DELICIOUS PLANTS AND LESS WASHING-UP! 80 quick, easy and delicious vegan recipes, each using only one dish 'Anyone considering a foray into veganism should acquaint themselves with the work of Roxy Pope and Ben Pook . . . simple, healthy recipes made up of everyday ingredients' Vogue One Pot Vegan is the perfect staple cookbook for vegans, vegetarians, flexitarians, or anyone who simply wants more plants on their plate. Packed with inspiration for pastas, curries, salads, stir-fries, noodles and even puddings, every recipe uses simple supermarket ingredients - for maximum flavour with minimum fuss. One-pot, one-pan and one-tray recipes include:

- **QUICK AND NUTRITIOUS MIDWEEK MEALS,** such as rainbow noodles, smoky sausage cassoulet,

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and roasted squash with cauliflower and sage - SIMPLE SIDES AND LIGHT BIGHTS, such as roasted vegetable mezze, loaded sweet potato wedges, and no-waste harissa cauliflower - HEARTY HOME COMFORTS, like rich lazy lasagne, mushroom and ale filo pie, and warming pearl barley chilli - TAKEAWAY CLASSICS, including mushroom tikka masala, tofu satay, and Chinese-inspired sweet and sour jackfruit - SWEET TREATS AND DESSERTS such as peanut butter swirl brownies, boozy Caribbean pear cake, and cardamom and pistachio shortbread From the creators of SO VEGAN, one of the world's leading vegan food platforms with a growing community of over 1.5 million followers. Recipes are accompanied by full nutritional info, plus tips for batch cooking or freezing. Eating more plants has never been so easy! PRAISE FOR SO VEGAN: 'Faff-free, delicious recipes' Times 'Masterminds' Plant Based News Epic Vegan Quick and Easy is a cookbook of simple plant-based (vegan) recipes that require only one pot or one pan, perfect for those new to plant-based meals and for weeknight cooking.

Winner of the Best Vegan Cookbook Award in VegNews Magazine 2021 Plants Only Kitchen offers an explosion of flavour, with more than 70 vegan recipes that work around your lifestyle. With symbols flagging whether recipes are high-protein, take less than 15 minutes, are gluten-free, one-pot or are

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suitable for meal prep, Plants Only Kitchen explains how best to make a vegan diet work for you. No fuss, no fancy ingredients – just fantastic food using plants, only. Gaz Oakley (aka @avantgardevegan) has amassed well over a million followers on social media with his exciting vegan dishes, which emphasize that a plant-based diet doesn't mean missing out on taste. In Plants Only Kitchen, Gaz's recipes are easier than ever before – following his step-by-step instructions, tips and advice, anyone can cook great vegan food.

'These lovely boys always create incredibly tasty food.' Jamie Oliver David and Stephen Flynn put fun, deliciousness and friendship at the heart of their cooking. By showing that vegetarian food is endlessly varied, packed full of flavour and amazingly easy to prepare they want to spread the love for fruit and veg! The World of the Happy Pear is inspired by David and Stephen's family, friends and the international team at their legendary café. It includes over 100 mouth-watering and totally doable recipes - like Grilled Halloumi Burger with Sweet Chilli Ketchup and a Garlic Tahini Mayo ... Fennel, Ruby Grapefruit, Avocado and Blueberry Salad ... Chocolate and Salted Caramel Tart. There is advice on getting children to love the stuff that's good for them and top tips on the tasty vegetarian approach to everything from BBQs and burgers to ice cream and Pavlova. Become part of the world of the Happy

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Pear and discover a feast of healthy yummy food that will transform your eating! 'The poster boys for a healthy way of life!' Sunday Times 'Proper good food ... hearty, decent and delicious' Russell Brand 'A healthy eating phenomenon' Mail on Sunday 'These twins are on a roll' Time Out '[They] couldn't look healthier or happier ... poster boys for vegetarianism' The Times

In *The Irish Cookbook*, traditional Irish dishes are adapted to suit present-day tastes and lifestyles. It includes plenty of modern recipes using our finest fresh seafood, farmhouse vegetables, prime Irish meats and cheeses. The book will be invaluable to the reader for all occasions, whether they want a quick and easy snack, a family meal or are entertaining for a special occasion. The author passionately believes that tasty food that is good for you can be achieved by anyone, once they have a few basic skills and recipes. This is what she provides here, writing simply and clearly and avoiding the use of difficult culinary terms which might confuse the inexperienced cook. This is a revised and updated edition of the bestselling version which was first published in 1971.

If you have decided you want to be vegan, where do you start? Or if you are an experienced cook how do you make plant-based meals that are delicious and full of variety? And if you are already vegan but looking for inspiration are there simple principles to

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help you come up with your own dishes? The Happy Pear - The Essentials of Vegan Cooking for Everyone is the answer to your questions. David and Stephen Flynn understand that the idea of vegan cooking can be daunting. But after twenty years of plant-based cooking, they have developed an encyclopaedic knowledge of how it works and how to make it simple, creative and totally irresistible. Dave and Steve's new book distils all their knowledge into ten chapters that are full of master recipes, step-by-step guides, fun variations and top tips, and an approach to plant-based eating that will inspire you to become the best cook of vegan food you can possibly be.

America's Test Kitchen decodes and demystifies vegan cooking so you can reap its many benefits. Avoid the pitfalls of bland food, lack of variety, and overprocessed ingredients with approachable, fresh, vibrant recipes. Can vegan cooking be flavorful? Satisfying? Easy to make? Through rigorous testing on the science of vegan cooking, America's Test Kitchen addresses these questions head-on, finding great-tasting and filling vegan protein options, cooking without dairy, preparing different whole grains and vegetables, and even baking. Reimagine mealtime by celebrating vegetables at the center of the plate and in salads and grain bowls. Take a new look at comfort foods with a surprisingly rich and creamy lasagna or hearty burger with all the fixings.

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Bake the perfect chewy chocolate chip cookie or a layer cake that stands tall for any celebration. With more than 200 rigorously-tested vibrant recipes, this cookbook has something satisfying for everyone--the committed vegan or simply those looking to freshen up their cooking.

100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. In *Sweet Potato Soul*, Jenné revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with Jalapeño Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls. Along the way, Jenné explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits—you've heard that dandelion,

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mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

New from the author of *Anti-inflammatory Eating Made Easy*, this cookbook shows how to use diet to improve your state of mind. The latest research shows the connection between a healthy gut and a healthy mind. Inflammation markers are frequently found in the blood of people with anxiety and depression, proving a food-mood connection. In this book nutritionist Michelle Babb shows how reducing that inflammation and balancing the flora in the gut results in a healthy mind. Based on the success of her clients, Babb first explains the science behind this eating plan, then delivers 75 tasty recipes that range from simple to easy gourmet that will satisfy your taste buds, your microbiome, and your mood. The ultimate guide for cooking outrageously delicious, vegetable-packed meals every day of the week, from bestselling author of *The Love & Lemons Cookbook*. Known for her insanely flavorful vegetable recipes and stunning photography, Jeanine Donofrio celebrates plants at the center of the plate with more than 100 new vegetarian recipes in *Love & Lemons Every Day*. In this

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book, Jeanine shows you how to make any meal, from breakfast to dessert, where produce is the star. Butternut squash becomes the best creamy queso you've ever eaten, broccoli transforms into a zesty green "rice" burrito filling, and sweet potato blends into a smooth chocolate frosting. These exciting and approachable recipes will become instant additions to your family's regular meal rotation. This book is a resource, filled with smart tips for happier, healthier eating. You'll find inspiration from Jeanine's signature colorful infographics - such as a giant matrix of five-ingredient salad dressings, a guide to quick weeknight pastas, and a grid to show you how to roast any vegetable. There are also plenty of practical charts, such as a template to make versatile vegetable broth, seasonal produce guides, and clever ideas to use commonly tossed vegetable parts -- you'll never toss those cauliflower cores, corn cobs, or broccoli stalks again! Packed with imaginative every day meals, go-to cooking tips, alternatives for dietary restrictions, and guides for mastering produce-based kitchen staples, *Love & Lemons Every Day* is a must-have for herbivores and omnivores alike.

Maximum flavor. Minimum effort. Totally vegan. You don't need to spend hours in the kitchen or buy expensive ingredients to create delicious, creative, plant-based meals. The *Easy 5-Ingredient Vegan Cookbook* is dedicated to providing you with nutritious recipes from the 5 main food groups essential for a healthy vegan diet. The most common barriers to eating plant-based foods are a learning curve and time, so each of these 5-ingredient cookbook recipes includes no more than five

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components, supplemented with simple staples you can keep on hand: olive oil, vegetable broth, onions, garlic, salt, and pepper. Recipes like Stuffed Dates with Cashew Cream and Roasted Almonds or Chocolate Peanut Butter Cups couldn't be easier to prepare. Hit the ground running with a 5-ingredient cookbook designed for maximum health and wellness--and convenience.

This 5-ingredient cookbook includes: Make it your own--Recipes include tips to make the meal even tastier or easier--or offer a different spin. Nutritious blueprint--Success begins with an overview of the vegan lifestyle and advice on selecting the best vegan ingredients, from healthy fats to protein replacements. No fuss--These simple 5-ingredient cookbook recipes help you conveniently integrate more plants into your diet. Let this 5-ingredient cookbook be your guide to a simple, healthy vegan lifestyle.

With *Vegetarian Cookbook for Beginners*, discover the guilt-free way to get healthy. As awareness of the health and environmental benefits of vegetarianism grows, millions of people are now switching to a vegetarian diet. *Vegetarian Cookbook for Beginners* will show you how to start a vegetarian diet so you can live with a clearer conscience, lose weight naturally, lower your cholesterol, and decrease your risk of chronic disease. *Vegetarian Cookbook for Beginners* will teach you how to cut out meat, without cutting out flavor and satisfaction. With more than 150 hearty, comforting meals to please the whole family, *Vegetarian Cookbook for Beginners* makes it easy to start a vegetarian diet. *Vegetarian Cookbook for Beginners* will get you started on the path toward a

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healthy, meat-free lifestyle with: · More than 150 simple and hearty Vegetarian Cookbook recipes · 14-day Vegetarian Cookbook meal plan to get you started · Overview of the lasting health benefits of going vegetarian · Tips from Vegetarian Cookbook on transforming your kitchen to be vegetarian-friendly · Detailed nutritional advice to make sure you get all your nutrients · Practical tips for a successful transition to a vegetarian diet Vegetarian Cookbook for Beginners is your guide to experiencing the delicious, lifelong benefits of going vegetarian.

Winner of the 2018 Hearst Big Books Award (Women's Health and Wellbeing) East by West is the first solo cookbook from bestselling author, cook and TV presenter Jasmine Hemsley, co-founder of Hemsley + Hemsley. Featuring 140 delicious recipes from around the world, East by West champions the ancient Ayurvedic philosophy of eating to nourish, sustain and repair for ultimate mind-body balance. Jasmine continues her passion for balancing body, mind and spirit amidst the challenges of our fast-paced day-to-day lives, through real food and tasty home cooking. With a focus on listening to your body, eating when you're hungry, being conscious of what you're eating when you're eating it and choosing foods that are right for your mood from day to day, East by West is a modern take on the Ayurvedic principles. With classic Ayurvedic comfort dishes from Golden Milk to Kitchari and great family sharing dishes Sesame Roast Chicken to Saffron Millionaire Cheesecake, the book has something for every taste (bringing to life store cupboard basics to

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create dishes) from super simple to simply special. A global range of recipes, together with simple mindful rituals and a classic cleanse to revisit when your energy levels need a boost help the book bring Ayurveda to life in a fresh and friendly way. Packed with beautiful colour photography and inspired by Jasmine's personal journey with food and healthy living, East by West represents a delicious evolution of the ideas explored in Hemsley + Hemsley bestsellers Good + Simple and The Art of Eating Well.

From the Sunday Times bestselling authors, The Happy Pear 'My go-to for incredible vegan recipes' Joe Wicks 'Awesome plans that show how plant-based food can transform your health' BOSH! _____

_____ Want to improve your health, lose weight or gain more energy? A plant-based diet might be the answer you're looking for. The Happy Health Plan brings you 90 brand new, mouth-watering recipes and four bespoke meals straight from the Happy Pear kitchen. The recipes have been specially designed with medical experts to look after your heart, give you glowing skin, calm your gut and help you lose weight, without counting a single calorie. Cooking with more plants means that every meal is full of fibre, high in vitamins and low in saturated fat, which means they boost your energy, reduce cholesterol and keep you fuller for longer. Including lots of classic dishes, from a creamy carbonara to a katsu curry, a fluffy pancake stack and even a berry crumble, this book will help you to look after your whole body health, inside and out, with

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tastier food than ever before.

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