



Eat Like You Give a Damn: Recipes for the New Ethical Vegan

Michelle Schwegmann, Josh Hooten

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Winner of the VegNews 2015 VEGGIE AWARDS for **Favorite Cookbook!**

New vegans can feel overwhelmed about how to proceed with their new diet. This cookbook offers practical advice, the right amount of inspiration, and dozens of recipes for completely satisfying, delicious, and healthy vegan fare that validates their choice.

Inspiring people to eat like they give a damn, Michelle and Josh share a collection of their favorite everyday vegan dishes. Ranging from comfort foods to more epicurean dishes, sumptuous photos will kick any cook into high gear. Elvis Quesadilla with Maple-Yogurt Drizzle, Praise Seitan Vegan Roast, Only-Kale-Can-Save-Us-Now Salad and Roasted Beet Burgers are a few of the 100+ recipes to choose from.

With ample helpings of sass and heart, the authors intersperse their recipes with treatises on the why and how of being vegan. Parents wishing to raise their kids on a plant-based diet will find family-friendly recipes that kids will love to eat. New and old time vegans as well as anyone who appreciates good food will delight in these innovative recipes and know that every bite makes a difference.

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Donna Jost:

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Mildred Parker:

People live in this new morning of lifestyle always try to and must have the time or they will get lot of stress from both way of life and work. So , if we ask do people have free time, we will say absolutely without a doubt. People is human not just a robot. Then we question again, what kind of activity are there when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading textbooks. It can be your alternative in spending your spare time, typically the book you have read is usually Eat Like You Give a Damn: Recipes for the New Ethical Vegan.

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