



Vegan Recipes in 30 Minutes: A Vegan Cookbook with 77 Quick & Easy Recipes

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Create delicious, filling vegan meals in under 30 minutes!

Take the stress out of making hearty vegan meals with the easy recipes in Vegan Recipes in 30 Minutes. This handy kitchen guide is perfect for the busy vegan cook who wants to whip up satisfying, wholesome vegan meals using everyday kitchen utensils and affordable ingredients from you local grocery store. With simple, straightforward recipes, quick tips for easy meal prep and storage, and helpful meal plans, Vegan Recipes in 30 Minutes will help you get nutritious vegan meals on the table in no time.

Vegan Recipes in 30 Minutes makes it easy to create balanced vegan meals, with:

- * 106 mouthwatering recipes such as Vegan Chocolate Macaroons, Spicy Nut Butter Noodles, and Sweet Potato & Kale Hash
- * 141 pantry, freezer, and grocery staples
- * Easy-to-follow weekly meal plan
- * 23 ideas for easy meal preparation and storage to save you time and money
- * 10 tips for a happy and hearty vegan life

With quick, tasty recipes, Vegan Recipes in 30 Minutes will make your vegan meals as simple as they are delicious.

Vegan Recipes in 30 Minutes: A Vegan Cookbook with 77 Quick & Easy Recipes Details

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From Reader Review Vegan Recipes in 30 Minutes: A Vegan Cookbook with 77 Quick & Easy Recipes for online ebook

Alyssa says

Though there were some extreme biases and opinions in first couple of chapters explaining veganism, the recipes are great and I'm excited to try them! Would have liked a nutritional table for each recipe. Received this book for free to review.

Susan says

A good book for the beginner vegan/vegetarian, the busy vegan, or for the vegan on a budget. The book contains a section containing important health facts and staple ingredients for the lifestyle. The recipes are easy to understand and simple enough for the beginner cook.

Allan Paulvin says

“Vegan Recipes in 30 Minutes: A Vegan Cookbook,” from Shasta Press

Becoming a Vegan involves more than just tweaking your day-to-day menu— it’s a big time lifestyle change and requires a strong commitment, even if you’re already a vegetarian. Your first step is purchasing “Vegan Recipes in 30 Minutes: A Vegan Cookbook,” from Shasta Press will guide you through to a successful transition.

“Vegan Recipes in 30 Minutes: A Vegan Cookbook,” from Shasta Press, is your guide to a healthier and happier life. Its pages provide the reader with everything they want or need to know to be successful in their dietary endeavors.

Adrienna says

I would first like to start off to say I am not a vegan but enjoy eating healthy dishes with flare and flavor. There are times where I am on restricted fasts, detoxing, juicing, or eating healthier dishes for a period of time. So just eating fruits, vegetables as a whole can be boring; therefore, I look at different recipe books from vegan and vegetarian diets to try. Very rarely are these recipes appetizing or want to try but once I opened this book I was enthused to try many! I hope they are as good as they sound and easy to make as I read them.

The things I liked to see in the book was universal measurements since sometimes I do not know what 1 oz is initially versus 1/4 cup when keeping track on MyFitnessPal and guesstimate; same with measurements with some recipes if not included. I liked seeing the list of the 12 dirty dozen which is usually full of pesticides and best to buy organic and also the 15 clean foods that is rarely mentioned in most recipe or cookbooks I've

read for things to try. I also liked the 12 snacks and willing to try most of them, especially with nuts since I love nuts and seeds but sometime want something sweeter! Additionally the introduction has keywords that were economical and beneficial for me such as budget friendly (since most people hate to hear about eating healthier since it seems to have a costly price tag tied to it); able to go to local stores to find most or all ingredients not just a farmer's market or wholefood store; minimize processed foods; and easy to prepare without so much time spent on prep and cooking--on your table without special equipment needed to create and eat a meal or snack.

This vegan cookbook is designed with you in mind; especially those of us busy and want to eat something great and with clean foods! I loved that the contents were in the front to find recipes easier and quicker than in the back like an index. 7 meal plan to try in front too. Vegan snacks since I love sweets. Now I will have to try them to verify if this book is a total winner (plan to in October 2014, entire month, for transformation 30 days).

Thankful to win this book and came in a perfect timing since less than a week will be eating more fruits, veggies, and nuts/seeds with smoothies (and lean meats once a day)!

I received a copy from Callisto Media; contest win on LibraryThing Early Reviewers (received as of Sept. 26, 2014).

Adrienna Turner

Dream4More Reviewer, www.dream4more.org

Virginia Campbell says

I am not a vegetarian or vegan, but several of my dear friends have embraced the vegan lifestyle. They can cook for me, but I need to learn more about veganism before I can really return the favor. I found "Vegan Recipes in 30 Minutes" to be a very interesting and informative read. While it actually features more than 100 recipes which "require fewer than 15 minutes of prep time and can be on your table in fewer than 30 minutes", it goes much further in explaining vegan eating--even offering "Ten Tips for a Happy Vegan Life". The necessity of eating a balanced diet--especially the importance of protein--is emphasized and helpful advice on what to eat, what not to eat, how to shop, and how to prepare food is also included. Unfortunately, the book does not include nutritional breakdowns for the recipes. Many of the recipes are made with foods that I already eat and enjoy, which encourages me to try more meatless meals in my own diet. The brightly-colored food photos scattered throughout the pages are quite appealing to the appetite. Here are just some of the recipes that can be enjoyed by vegans and non-vegans alike: "Warm Maple and Cinnamon Quinoa"; "Pumpkin Pancakes"; "Olive Tapenade"; "Salsa Fresca"; "Three-Bean Salad"; "Veggie Muffaletta"; "Italian Hoagie"; "Root Vegetable Soup"; "Minestrone"; "Potato and Leek Soup"; "Cajun Red Beans and Rice"; "Glazed Curried Carrots"; "Pepper Medley"; "Thai Spring Rolls"; "Chocolate and Almond Truffles"; and "Chocolate Macaroons". Such delicious ways to try an alternate way to eat well and be well.

Review Copy Gratis Library Thing

Nancy says

As a relatively new vegan, I was excited to add some quick & easy recipes to my repertoire. The format of this book is very user friendly. The Introduction and Veganism Explained chapters are essential for those with limited knowledge of the importance and justification for this lifestyle. The chapter on Saving Time and Money had helpful tips on what to stock in your pantry and food storage suggestions - good stuff. What was missing were links or a bibliography for additional education on veganism.

Recipes that I tried and loved: Warm Maple and Cinnamon Quinoa, Minestrone.

Recipes that I tried and liked and would benefit from modifications:

Three-Bean Salad - Either omit or cut way back on the rosemary as it was overpowering.

Pumpkin Pancakes - Too doughy and thick for my preferences; adjusting dry ingredients would help.

Recipes that I tried and won't try again: Tofu Cakes - Way too much work (way over 30 minutes) and fell apart; might work better as a Tofu Scramble?

Recipes that I want to try: Braised Eggplant, Sweet and Spicy Brussels Sprout Hash, Seitan Barbecue Sandwich, Pear and Arugula salad, Easy Corn Chowder.
