

Gluten And Vegan Holidays Celebrating The Year With Simple Satisfying Recipes And Menus Paperback By Jennifer Katzinger

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The Superfun Times Vegan Holiday Cookbook - Isa Chandra Moskowitz 2016-11-15

Bestselling author, vegan goddess, and comfort food queen Isa Chandra Moskowitz is back with her biggest book ever--to prove that making festive vegan food for any occasion can be easy, delicious, and superfun. Gone are the days of stressing over how to please family and friends with different dietary needs. Bursting with knock-your-socks-off, mind-bogglingly tasty vegan recipes for Cinnamon Apple Crepes, Cheeseburger Pizza, Biscuits and Gravy, Churro Biscotti, and so much more, The Superfun Times Vegan Holiday Cookbook will make everyone at your table happy-even meat eaters and the gluten challenged. Isa provides everything you need to get your party started, from finger food and appetizers to casseroles, roasts, and dozens of special sides. Then comes a throng of cakes, cookies, cobblers, loaves, pies, and frozen treats to make you feel like the best dang vegan cook in the world. You'll start with New Year's, stop for Valentine's Day on the way to Easter and Passover, party down from Cinco de Mayo through the Fourth of July, and cook through Thanksgiving, Hanukkah, and Christmas. And with more than 250 seasonal recipes, you'll mix, match, and remix for every celebration in between--filling your life with holiday cheer the whole year round.

Let Us All Eat Cake - Catherine Ruele 2014

Presents sixty gluten-free cake recipes--with alternatives given for vegan, dairy-free and nut-free renditions--including hummingbird cake, chocolate hazelnut cupcakes, pink princess cake, and Boston cream pie.

The Kripalu Kitchen - Jeremy Rock Smith 2019-04-16

A lavishly illustrated cookbook featuring 125 delicious, easy-to-prepare, revitalizing, and detoxifying recipes from the executive chef at North America's largest yoga-based healing and education center NAMED ONE OF THE "NEW COOKBOOKS TO BUY THIS SPRING" BY EPICURIUS • "An eminently useful resource for those looking to expand their repertoire of healthy dishes."—Publishers Weekly The Kripalu Center for Yoga & Health, nestled in the Berkshire mountains of western Massachusetts, attracts more than fifty thousand people a year. Guests flock there not only to deepen their yoga practice but also to experience the healing power of its famously delicious food. Now you can bring Kripalu's most popular dishes to your own table. Kripalu's longtime and popular executive chef, Jeremy Rock Smith, embraces a mindful approach to eating and a seasonal approach to cooking. In The Kripalu Kitchen, he offers 125 easy-to-follow mouthwatering recipes, dozens of variations, and countless smart eating strategies designed for a variety of dietary preferences—from vegan and vegetarian to gluten-free, grain-free, dairy-free, and sugar-free. The 5-ingredient and 30-minute recipes ensure that even the busiest of us can enjoy this phenomenal food. Inside you'll discover • Bountiful breakfasts: from Coconut French Toast with Thai Ginger Maple Syrup to Vegan Ginger Scones • Restorative preparations: from Kripalu's famed Morning Broth to the traditional south Indian porridge Upma • Satisfying suppers: from Linguine with Pumpkin Sage "Alfredo" and Kale Pesto to Mushroom Cheesesteaks • Decadent desserts: from Gluten-Free Salted Double Chocolate Chip Cookies to Gluten-Free Whole-Grain Vegan Brownies to Gluten-Free Vegan Swami Kripalu Birthday Cake Honoring the wisdom of Ayurvedic healing practices, The Kripalu Kitchen also includes a simple test to determine your personal nutrition profile, or dosha, and every recipe is marked to guide you toward the optimal diet for your type. More than just a healthy cookbook, The Kripalu Kitchen will revitalize your body and nourish your soul.

Gluten-Free & Vegan for the Whole Family (EBK) - Jennifer Katzinger 2015-05-12

This comprehensive gluten-free and vegan cookbook is packed with

flavorful, plant-based recipes that even your little ones will love With food allergies and sensitivities continuing to rise, particularly among children, and more people embracing the health benefits of a plant-based diet, these delicious and nutritious recipes are egg-free, dairy-free, gluten-free, and mostly soy-free, and will satisfy even the pickiest eater at the table. Arranged by meals (including snacks), these 90 kid-friendly recipes will make planning easy, and simplify cooking gluten-free and vegan food for the entire family. Nutritionist Raven Bonnar-Pizzorno writes the foreword, giving the recipes her stamp of approval for both kids and adults.

Go Dairy Free - Alisa Fleming 2018-06-12

If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside: • More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings • A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more • Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips • A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health • An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

The Beginner's Guide to Gluten-Free Vegan Baking - Gina Fontana 2021-12-14

Show Stopping Gluten-Free and Vegan Baked Goods for Every Craving Gina Fontana, founder of the Healthy Little Vittles blog, has cracked the code to baking without dairy, eggs and gluten. In this game-changing guide she shares 60 foolproof recipes plus essential tips and tricks for avoiding common gluten-free vegan baking mishaps. Finally, you can satisfy any sweet craving, regardless of dietary restrictions! Now, it's easy to create comforting classics you may have thought impossible to make plant-based and gluten-free, including fudgy brownies, creamy cheesecake and crème brûlée with a perfectly caramelized top. Chapters are organized by techniques like egg swaps, dairy and butter alternatives, batter consistency and natural sweeteners, so you'll learn to problem-solve while building your baking repertoire. From Perfectly Spiced Carrot Cake and Bourbon Peach Ice Cream to Edible Chocolate Chip Cookie Dough and Apricot Pie Pops, the simple yet delicious options are endless. Packed with invaluable information and 60 gorgeous full-color photo-graphs, this is the must-have handbook for anyone interested in crafting exceptional sweets that just happen to be gluten-free and vegan.

The Everything Gluten-Free & Dairy-Free Cookbook - Audrey Roberts 2019-10-29

300 gluten- and dairy-free recipes from popular food blogger Audrey Roberts to reset your eating habits to live a healthier life. Millions of people now suffer from celiac disease and food sensitivity. But switching to a diet without gluten or dairy not only benefits those with gluten sensitivity or lactose intolerance, but benefits anyone who needs more energy, wants to lose weight, or simply craves a much healthier lifestyle. And now cooking without them is simple! You no longer need to give up the foods you love because with easy substitutions, some creative cooking, and the recipes in this book, you will still enjoy all your favorite foods. The Everything Gluten-Free & Dairy-Free Cookbook includes 300 gluten- and dairy-free recipes that your whole family will enjoy—from eggs benedict casserole to coconut cream pie. These easy and delicious recipes make it painless to start living a healthier life and feel better. Audrey Roberts, founder of the popular food blog Mama Knows Gluten Free, teaches you how to make the most satisfying recipes from breakfast to dinner and snacks in between meals. The Everything Gluten-Free & Dairy-Free Cookbook makes it easy to meet your family's dietary needs while keeping them happy and healthy.

The Gluten-Free Revolution - Jax Peters Lowell 2015-02-03

An expanded, revised, and exhaustively updated 20th anniversary edition of the book that fired the first shot—a comprehensive and entertaining guide to living gluten-free. Way ahead of its time, the original edition of this book, *Against the Grain*, was the first book of its kind: a funny, supportive, and absolutely essential handbook for gluten-free living. With two successful editions and countless devoted fans, this book has helped thousands of gluten-free readers follow their diets with creativity, resourcefulness, and, always, good humor. The *Gluten-Free Revolution* is fully revised and updated with the newest resources and information, and is packed with authoritative, practical advice for every aspect of living without gluten. With her signature wit and style, Lowell guides readers through the intricacies of shopping; understanding labels, from cosmetics to prescription drugs; strategies for eating out happily and preparing food safely at home; advice about combining gluten-free eating with any other diet, like gluten-free-paleo and gluten-free-dairy-free; negotiating complicated emotional and interpersonal reactions to your new diet; and includes fabulous gluten-free recipes from the best chefs in the world, including Thomas Keller, Rick Bayless, Alice Waters, Bobby Flay, and Nigella Lawson, among many others. The *Gluten-Free Revolution* remains the ultimate and indispensable resource for navigating your gluten-free life.

Great Gluten-Free Vegan Eats - Allyson Kramer 2012-06-01

Following a plant-based, gluten-free diet is one of the healthiest lifestyle choices around, yet it can be a challenge to create meals that not only match your needs, but taste delicious too. But not any longer! *Great Gluten-Free Vegan Eats* shows you exactly how to create compassionate and wheat-free recipes that are impressive enough for even the most seasoned foodie. Full of fresh and all-natural ingredients, the 101 fully-photographed, scrumptious recipes you'll find inside prove that eating vegan and gluten-free doesn't have to be a sacrifice, but a delight! From tempting appetizers, to hearty mains, to luscious desserts, you'll find dishes to suit your every need and craving, including: -Cherry Vanilla Bean Pancakes -Mediterranean Croquettes -Coconut Asparagus Soup - Roasted Red Pepper & Fava Salad -Walnut Ravioli with Vodka Sauce - Rosemary, Leek & Potato Pie -Chocolate Hazelnut Brownie Cheesecake - Banana Berry Cobbler Live a healthy and sustainable life, while still enjoying the foods you love, with *Great Gluten-Free Vegan Eats!*

Gluten Intolerance and Vegan Cookbook for the Holidays & Celebrations - Wilson Campbell 2021-03-19

Who says that you can have baked goods on your gluten-free and vegan summer party? In this book, *GLUTEN-FREE AND VEGAN BAKING FOR THE HOLIDAYS AND CELEBRATION*, you will learn about - Classic and Tasty Recipes - that you can use to celebrate Easter and the summer- No fancy and hassles free baking: this cookbook uses hands on and hassle free kitchen equipment's and easy to find ingredients. - Bring ease to your holiday meals: with over 30 gluten free recipes for your friends and family to enjoy, this cookbook will show you how you can eat festive foods without worrying about wheat so much. In this book *GLUTEN INTOLERANCE COOKBOOK*, you will discover: This book uncovers the causes of gluten intolerance and it's a must read, If you've been struggling with a gluten allergy and have taken antibiotics; but you want to be able to get your life back and get back to eating like you used to. The recipes in this book are rich in nutrient dense vegetables, healthy fats, grass fed meats, and ferments. i've also include some healthy

snacks, and treats that taste better than sugar dense desserts and snacks. With the recipes in this book, you will be able to make cooking fun on a restrictive diet. This book is great for those that will like to get rid of gluten but are intimidated by starting. It includes many tested methods that make for efficient and effective preparation including everyday basic recipes that will end up becoming part of your cook intuitive process over time. With specific step by step instructions to be able to eliminate the guesswork of what to eat and for which meal, this cookbook is your kick start guide to be able to eat gluten free like a pro. It gives you the tools to be able to gluten free foods a regular part of your routine.

Gluten-Free Cooking For Two - Carol Fenster 2017-04-04

125 perfectly proportioned recipes for small households. Featuring more than 125 delectable recipes perfectly sized for one- and two-person households, this indispensable cookbook has great ideas for breakfasts, breads and baked goods, sandwiches and soups, dinner entrees, and decadent desserts. Favorites such as Lasagna, Tuna Noodle Casserole, French Bread, and Carrot Cake Cupcakes that were out of reach for small and gluten-free households are now back on the menu! The kitchen math is done, including reworking recipes so that cooks aren't attempting to split eggs or deal with leftover ingredients. Pointers on how to stock a two-person pantry with gluten-free ingredients, how to select and use pans for smaller yields, and which utensils facilitate small-scale recipes make cooking for two simple. Each recipe includes full nutrition information.

Provecho - Edgar Castrejón 2021-10-12

The definitive plant-based Mexican cookbook for a new generation, featuring 100 recipes transforming traditional dishes into vegan celebrations of family and home. "The stories will feed your soul and the recipes will channel your love for Mexican food in a wholesome plant-based way."—Nisha Vora, creator of Rainbow Plant Life and author of *The Vegan Instant Pot Cookbook* Edgar Castrejón went vegan as a college student when he realized that following a plant-based diet made him feel better, but he worried he would no longer fit in back at the table with his family. As a proud first-generation Mexican American growing up in Oakland, Edgar had spent countless hours with his mom, aunts, and grandmother in the kitchen, where family recipes were passed down through "las manos mágicas." So Edgar began creating healthier, meatless variations on the dishes he grew up cooking and eating. *Provecho* features one hundred of Edgar's ingenious vegan recipes that honor the traditional, often meat-heavy classics of Mexican and Latin American culture while cooking with compassion. Many take thirty minutes or less, rely on readily accessible ingredients, and feature Salvadoran and Colombian influences. And they're all organized by how meals are approached in Edgar's family: • La Mesa Llena ("The Full Table"): Mushroom Sancocho; No-Bake Enchiladas Verde with Jackfruit; Lentil-Cauliflower Empanadas • La Mesita ("The Small Table"): Sweet Potato and Kale Tacos; Quesadillas de Brócoli y Tofu; Vegan Queso Fundido • La Mañana Después de la Cruda ("The Morning After"): Burritos de Desayuno; "Huevos" Rancheros; Papas con Chorizo Vegano • Antojitos ("Little Cravings"): Vegan Chipotle Crema; Mi Tia Evelia's Ceviche de Coliflor; Ensalada de Nopales • Bebidas ("Drinks"): Oat Milk Horchata; Jugo de Espinaca y Piña; Margarita Fuerte • Postrecitos ("Little Desserts"): Almond Milk Rice Pudding with Cashew Cream; Gelatina de Mango Coco; Apple Empanadas With Provecho, Edgar invites you to discover a whole new way to enjoy the flavors he has loved his entire life—and still wakes up craving every day.

Baking All Year Round - Rosanna Pansino 2018-10-23

New York Times bestselling author of *The Nerdy Nummies Cookbook* and beloved YouTube star Rosanna Pansino is back with a delicious and inspired new collection of recipes! In this book you will find more than 85 recipes for many of the holidays and special occasions that Rosanna Pansino's family celebrates, such as Christmas, New Year's, Valentine's Day, birthdays, Mother's Day, Father's Day, and more. It will be your guide for years to come with fun, creative, and delicious ideas to make and share. This book has everything you'll need to make a lasting impression. It's also sprinkled with several recipes that are either gluten-free, dairy-free, or vegan, so there's something for everyone to enjoy and celebrate all year round!

The Plant-Based Cookbook Ashley Madden 2021-03-02

An essential resource for your health—if we are what we eat, let's make every (delicious) bite count! This cookbook will no doubt transform your kitchen, bringing new plant-based, whole food ideas to the table and offering easy yet healthy recipe solutions for everything from celebratory meals to rushed weeknight dinners. Ashley Madden is a pharmacist

turned plant-based chef, certified holistic nutritional consultant, and devoted health foodie. A diagnosis of multiple sclerosis changed her whole life and approach to food, eventually shaping a new food philosophy and inspiring this book. The Plant-Based Cookbook is especially helpful for those with dietary requirements or food allergies as all recipes are vegan, dairy-free, gluten-free, and oil-free without compromising on taste or relying on packaged and processed ingredients. All-natural recipes include: One-pot creamy pasta Vibrant nourish bowls Decadent no-bake cinnamon rolls A show-stopping cheese ball Life-changing carrot cake And so much more! Whether you consider yourself an amateur home cook or a Michelin Star chef, this collection of recipes will inspire you to turn whole foods into magical, mouthwatering meals and give you confidence to prepare plants in creative and health-supportive ways.

Danielle Walker's Against All Grain Celebrations - Danielle Walker
2016-09-27

NEW YORK TIMES BESTSELLER • 125 recipes for grain-free, dairy-free, and gluten-free comfort food dishes for holidays and special occasions NAMED ONE OF THE FIVE BEST GLUTEN-FREE COOKBOOKS OF ALL TIME BY MINDBODYGREEN When people adopt a new diet for health or personal reasons, they worry most about the parties, holidays, and events with strong food traditions, fearing their fond memories will be lost along with the newly eliminated food groups. After suffering for years with a debilitating autoimmune disease and missing many of these special occasions herself, Danielle Walker has revived the joy that cooking for holidays can bring in Danielle Walker's Against All Grain Celebrations, a collection of recipes and menus for twelve special occasions throughout the year. Featuring a variety of birthday cakes, finger foods to serve at a baby or bridal shower, and re-creations of backyard barbecue standards like peach cobbler and corn bread, Danielle includes all of the classics. There's a full Thanksgiving spread—complete with turkey and stuffing, creamy green bean casserole, and pies—and menus for Christmas dinner; a New Year's Eve cocktail party and Easter brunch are covered, along with suggestions for beverages and cocktails and the all-important desserts. Recipes can be mixed and matched among the various occasions, and many of the dishes are simple enough for everyday cooking. Stunning full-color photographs of every dish make browsing the pages as delightful as cooking the recipes, and beautiful party images provide approachable and creative entertaining ideas. Making recipes using unfamiliar ingredients can cause anxiety, and while trying a new menu on a regular weeknight leaves some room for error, the meal simply cannot fail when you have a table full of guests celebrating a special occasion. Danielle has transformed her most cherished family traditions into trustworthy recipes you can feel confident serving, whether you're hosting a special guest with food allergies, or cooking for a crowd of regular grain-eaters.

How to Be Vegan - Elizabeth Castoria 2014-04-22

A "nifty handbook for navigating nutrition, eating, and etiquette"—plus 50 recipes for plant-based meals (Cooking Light). Author Elizabeth Castoria, the former editorial director of VegNews, offers a useful, friendly introduction to the vegan lifestyle for those who want to dabble or for those already committed to living animal-product-free. She shows how simple it is to be vegan, from the food (plants, fruits, nuts, and grains all explained) and nutrition (which supplements are needed), to the etiquette (what to do at an omnivore's dinner party), travel (where to find the best vegan airport food in the United States), fashion (there's no need to swear off designer duds), and more. To close the book, there are 50 recipes for the beginner vegan. With familiar ingredients and straightforward instructions, and with options from Tofu Scramble and Cheesy Kale Chips to Pasta with Artichoke Alfredo and Fabulous Fudge Brownies, there is no missing meat or dairy with this satisfying vegan food. Presented in concise, practical easy-to-read pieces, with tips and tricks to employ in all parts of life—and filled with helpful illustrations and humorous ones too—How to Be Vegan presents a vegan lifestyle that is more accessible than ever before. "Elizabeth's fun, thoughtful book will help people get started down the road to eating a more plant-powered diet."—Tal Ronnen, New York Times bestselling author of The Conscious Cook "Elizabeth's smart, funny book is just the thing for someone who wants to figure out how to eat more plants."—Kris Carr, New York Times bestselling author of Crazy Sexy Diet

Gluten-Free Vegan Baking - Sara McGlothlin 2019-06-04

Baking just invited Gluten-Free and Vegan to the Party! Sticky Buns, Fudgy Brownies, Salted Caramel Cupcakes, and more—who says your favorite sweets can't be gluten-free and vegan? Gluten-Free Vegan Baking serves up the best recipes for the tastiest treats so that you can

bake your cake and eat it too! Celebrate every occasion with new recipes that rival traditional favorites. Complete with an introductory guide for seasoned and new bakers alike, this cookbook offers everything you need to indulge your inner baker and taste how great gluten-free vegan baking can be. The Gluten-Free Vegan Baking cookbook includes: Everything You Need to Know—Learn the basic Do's and Don'ts of baking delicious gluten-free and vegan baked goods. 75 Classic and New Recipes—Whip up breakfast bakes, breads, cookies, brownies, bars, cakes, cupcakes, pies, and tarts. Sweet and Simple—Forget about fancy equipment and ingredients—this vegan baking cookbook keeps things hassle-free with on-hand kitchen equipment and easy-to-find ingredients. RSVP for the party filled with showstopper desserts for every occasion. Gluten-Free Vegan Baking makes your taste buds go wild!

Bakeri t a Rachel Connors 2020

For Connors, baking has always been a source of joy. When her sister contracted Lyme disease and decided to cut gluten, dairy, and refined sugars from her diet, Connors stepped up to the challenge of using alternate ingredients to re-create her sister's favorites without sacrificing flavor. All of the recipes use simple, easy-to-source ingredients. -- adapted from inside front cover

Vegan for Everyone - Laura Theodore 2020-03-10

". . . Vegan For Everyone, is an absolute must have for anyone who eats!" -Kim Barnouin, coauthor of NYT bestselling series, Skinny Bitch Vegan for Everyone is the perfect book for anyone looking to add easy-to-prepare and delicious, plant-based food into their weekly menu plan. This innovative cookbook features more than 160 family friendly recipes (135 are gluten-free friendly) and over 200 beautiful, full-color photos, including 100+ new recipes, along with updated versions of 60 fan-favorites &- all created by award-winning vegan chef Laura Theodore (PBS's Jazzy Vegetarian). Plus, this book includes an entire chapter of up-to-date nutritional information contributed by Julieanna Hever, MS, RD, CPT (The Plant-Based Dietitian), making it a complete and fun way to make family meals kinder, healthier and—most of all—tastier. With classic recipes like No-Egg Tofu-Veggie Scramble, Crazy, Easy BBQ Portobello Burgers and Cauliflower Steaks with Sweet Pepper Sauce; kid-friendly recipes like Yummy Banana-Oat Pancakes, Rockin' Peanut Butter-Banana Toast and Date n' Rice Cereal Treats; and plant-based, gluten-free recipes like Peachy Date-Nut Oat Bars, Zucchini Fettuccine Alfredo and Mad Mocha Marbled Mousse Pie, you'll be able to delight your entire family and all of your guests with easy-to-prepare, four-star meals that are satisfying, nutritious and delicious! Vegan for Everyone includes: &•Over 160 delectable vegan recipes, each with easy-to-follow instructions &•Full color photo with almost every recipe (over 200 photos in all) &•Recipe ingredients can be found at most local supermarkets &•Handy icon to quickly identify over 135 gluten-free friendly recipes &•Detailed lists of vegan essentials, including how to stock your plant-powered pantry, organizing your spice rack and table of equivalent measures &•Many quick and easy three-ingredient recipes &•Festive recipes to serve for holidays, birthdays and any special occasion &•Comprehensive plant-based nutrition chapter, contributed by Julieanna Hever, MS, RD, CPT. Vegan for Everyone includes delightfully delicious, classic recipes to impress everyone you

The Complete Gluten-Free Vegan Cookbook Justin Weber 2021-04-13 Simple, flavorful gluten-free vegan food for every occasion Eating vegan and gluten-free isn't about the things you can't have—it's about filling your plate with satisfying, wholesome foods. This comprehensive choice in gluten-free vegan cookbooks puts a wealth of options at your fingertips, whether you're cooking for a gluten-free and vegan lifestyle or simply looking to sprinkle healthier options into your repertoire. This standout among gluten-free vegan cookbooks includes: A world of variety—Cook up vegan and gluten-free baked goods, breakfasts, entrées, special occasion dishes, snacks, and sweets. A setup for success—Learn the essential ingredients and techniques for vegan and gluten-free cooking, and mix up unique spice blends to flavor your dishes. Options for everyone—Choose the perfect dish with labels for recipes that are soy-free, nut-free, plant-based whole foods, or ready in less than 30 minutes. Discover the variety gluten-free vegan cookbooks can offer with this essential collection of recipes.

Hippie Eats - Brittany Bacinski 2019-11-06

The simplest "introduction to plant-based eating" cookbook with an approachable yet crave-worthy take on health-conscious cuisine. Two (former) competitive bodybuilders turned crunchy hippie mamas have joined forces to share health-forward recipes from their daily lifestyles. Amber, a 4X cover fitness model, influencer, mama and entrepreneur, and Brittany, wellness blogger, writer, mama and author, have learned

over the years how to prepare healthy, plant-heavy meals for their families-- without sacrificing flavor. After winning over picky husbands, toddlers and friends alike, they were convinced to create a cookbook to help you fool your family and friends into healthier, plant-heavy eating, too! These recipes are for everyone! Hippy Eats caters to those with food allergies, sensitivities and dietary restrictions by being gluten-free, dairy-free, peanut-free, fish-free, shellfish-free, soy-free and vegan-friendly. Although the great majority of the recipes are vegan, a handful of recipes are available for omnivores. All recipes that are not entirely vegan provide a simple 1:1 replacement. From sweet noms like strawberry cake donuts, simple smoothies and savory dishes, like creamy potato and kale soup, Hippy Eats will provide instant family classics. More than just a cookbook, this hippie mama duo has you covered by including a health-forward grocery list, sharing healthier swaps and nutrition tips to enhance your lifestyle for years to come. This isn't just a book of kale salads, it's a book with all the good stuff we know and love, with a healthier, hippie twist. "Everyone has a story and it all starts somewhere. This is ours. From "buff bodybuilding babes" with similar pasts of diet extremes, to finally achieving a balanced lifestyle in nutrition, health and total wellness. We believe the food we eat is more than just a meal, it's a conscious choice to nourish the body from the inside out. Because to us, health really is wealth. Eat like a hippie!" - Brittany Bacinski & Amber Fokken

BabyCakes - Erin McKenna 2010-10-27

Forget everything you've heard about health-conscious baking. Simply, BabyCakes is your key to an enlightened, indulgent, sweets-filled future. This is important news not only for parents whose children have allergies, for vegans, and for others who struggle with food sensitivities, but also for all you sugar-loving traditionalists. The recipes in these pages prove that there is a healthy alternative to recklessly made desserts, one that doesn't sacrifice taste or texture. Having experimented endlessly with alternative, health-conscious sweeteners, flours, and thickeners, Erin McKenna, the proprietress of beloved bakery BabyCakes NYC, developed these recipes--most are gluten-free, all are without refined sugar--in hopes of combating her own wheat, dairy, and sugar sensitivities. In BabyCakes, she shares detailed information about the ingredients she uses (coconut flour, xanthan gum, and agave nectar, for example) and how to substitute them properly for common ones--all the while guiding you safely through techniques she's spent years perfecting. When BabyCakes NYC opened on Manhattan's Lower East Side in 2005, it helped propel the gluten-free and vegan baking movement into a new stratosphere. Suddenly there was a destination for those with wheat allergies and other dietary restrictions--and, soon enough, celebrities and dessert lovers of every kind--to indulge freely in delectable muffins and teacakes, brownies and cookies, pies and cobblers. Enclosed within these pages are all the "secrets" you'll need to bring the greatness of BabyCakes NYC into your own home as well as raves and recommendations from devotees such as Natalie Portman, Jason Schwartzman, Mary-Louise Parker, Zooey Deschanel, and Pamela Anderson. For confectionists of all kinds, delicious alternatives lie within: Red Velvet Cupcakes, Chocolate Shortbread Scones with Caramelized Bananas, Strawberry Shortcake, and BabyCakes NYC's celebrated frosting (so delicious it has fans tipping back frosting shots!), to name just a few. Finally, Erin's blissful desserts are yours for the baking!

Flying Apron's Gluten-Free & Vegan Baking Book - Jennifer Katzinger 2010-06-01

Over the last decade, a vegan diet has become a more mainstream choice; food allergies have been increasing at alarming rates; and celiac disease is on everyone's radar. When owner Jennifer Katzinger opened The Flying Apron Bakery in 2002, she wanted to accommodate more people, as well as use healthier ingredients so she eliminated gluten, dairy, egg, soy, and wheat. The mouthwatering result? Cakes and muffins with a tender crumb, cookies with a chewy bite, frosting that's light yet satisfyingly sweet, and pastry that flakes at the touch of a fork. In Flying Apron's Gluten-Free and Vegan Baking Book, Katzinger shares the delicious secrets of her sweet and savory recipes. Bake yummy pastries like Blueberry Cinnamon Scones and Lemon Poppy Seed muffins, or whip up a batch of Chocolate Chip Cookies, or Cardamom Spice Cupcakes. In more than 80 recipes, Katzinger offers satisfying treats, whether you're transitioning to a vegan or gluten-free diet, or simply wanting to indulge a sweet tooth using healthier ingredients.

FODMAP Friendly - Georgia McDermott 2020-09-22

This is the low-FODMAP cookbook vegetarians have been waiting for. It's tough when the foods you love don't love you back. If you're dealing with digestive issues, cutting out high-FODMAP foods can bring relief—but

it's hard to say goodbye to wheat, dairy, and many fruits and veggies. And if you're vegetarian or vegan and going low-FODMAP? It can be even harder to fill your plate! Georgia McDermott comes to the rescue in FODMAP Friendly, with 95 vegetarian, vegan-friendly, and gluten-free recipes for the digestively challenged. Her delicious, low- to no-FODMAP fare covers all the bases: Lighter meals and breakfasts, like Grain-Free Olive Oil Granola and Roasted Pepper and Halloumi Shakshuka Hearty dinners, from Tempeh Chili to Pepper, Pesto, and Goat Cheese Galette Delectable desserts—Pavlova with Roasted Lemony Strawberries, anyone? Festive food and drinks for a crowd, including Salted Honey and Sage Baked Camembert and Passion Fruit Caipirinhas FODMAP sensitivity varies from person to person, so Georgia includes a wealth of suggestions for exploring what does and doesn't work for you. Onion and garlic don't bother you? Add them! The thought of tomatoes turns you off? Don't eat them! Living with IBS, Crohn's disease, colitis, SIBO—you name it—shouldn't mean needlessly missing out on the flavors you crave. This is low-FODMAP eating—made friendly for everyone.

Gluten-Free and Vegan Holidays - Jennifer Katzinger 2011

Presents gluten-free and vegan recipes for special occasions, along with holiday-themed menus that include appetizers, entrees, side dishes and desserts.

Plant-Based Meal Prep - Stephanie Tornatore 2019-10-29

Go plant-based with Steph and Adam, YouTube's most popular meal preppers. Eating a plant-based diet--one that embraces veggies and ditches the meat, eggs, and dairy--is one of the easiest ways to improve your health. Whether you're ready to go entirely vegan or just want to incorporate more plant-based meals into your diet, Steph and Adam will show you how to plan and prep ahead, so your meals are ready to go when you're ready to eat. Flexible meal plans include all your favorite foods and flavors, from mac and cheese to mashed potatoes, all made with plant-based, whole-food ingredients. * Over 60 plant-based recipes for breakfasts, mains, snacks, and desserts * Get-started guide walks you through the basics of plant-based eating * Soy-free, grain-free, and paleo-friendly tags make it easy to find recipes that fit your diet * Flexible build-a-meal strategies let you choose your favorite flavors * Easy-to-follow meal plans take the guesswork out of what to make * Nutritional information for every recipe to help manage macros and achieve diet goals.

Vegan Holiday Kitchen - Nava Atlas 2011

This exciting, inviting cookbook by veteran author Atlas brilliantly fills the biggest gap in the vegan repertoire with more than 200 delectable recipes for every festive occasion. The author, one of the most respected names in vegetarian and vegan cooking, addresses everything from Thanksgiving, Hanukkah, and Christmas--to celebratory brunches, lunches, dinners, potlucks, and buffets.

Gluten-Free Vegan Christmas - Julia Shannahan 2020-09-29

Gluten-Free, Vegan Christmas shares with you easy, delicious and inspiring recipes to suit all tastes, ability levels and types of celebration. The pressure is on at Christmas time! Whether you're visiting family and friends or they're visiting you, you'll want to share amazing dishes that everyone wants to devour. It might seem difficult, intimidating, confusing or too restrictive to prepare an entire gluten-free vegan feast but it's not! Julia will guide you through the preparation of a wide variety of easy and delicious dishes that your friends and family would never guess are gluten-free and vegan. Praise for FriFran's Gluten-Free, Vegan Christmas: 'Your beautiful photos and easy to follow recipes have made it easy for me to cook for myself AND FOR OTHER PEOPLE (something I NEVER did before!) Thank you!' 'You cannot go wrong with Julia Shannahan's recipes, they never fail.' 'I cooked your bourguignon yesterday, it was perfect, everyone loved it.'

The Vegan Holiday Cookbook - Marie Laforet 2017-10

Inspiring vegan dishes that enhance the holiday season. For vegans or a dairy-free lifestyle, here are meals that celebrate the holidays. These festive and impressive recipes will be a bona fide hit with vegan and non-vegan guests alike, take all the pressure out of holiday meal planning, and allow everyone to enjoy time with friends and family. The holidays are a wonderful time to discover and delight in the riches of vegan cuisine and its fantastic ability to recreate textures and flavors that everyone recognizes and appreciates, especially during the holidays, where so much of the celebration revolves around food. Traditional holiday fare is included, like turkey, roasts and time-honored fish and seafood dishes. There are substitutes for meat dishes, new versions of glazed logs, chocolates, puffed pastry, cakes, pavlova, Crème Brûlée and even Stollen. And because gluten-free and vegan recipes can get really complicated, Laforet's recipes in different categories are easy to

adapt. From elegant appetizers and hors d'Oeuvres like Cream of Leek Turnovers and Quick Foie Gras-Style Mousse to stunning festive main courses such as Roast Vegetable Wellington with Sweet Potato Mousseline, Seitan Pot Pie and Sweet Potato Stuffed with Chestnuts and Smoked Tempeh. A feast of sweets await guests - from Mince Pies and Cardamon Almond Kringle, to Coconut Truffles and Tiramisu-Style Glazed Log. For ideas for a holiday feast, Lafor☛t has themed menus that will help put together a dinner that sets the mood perfectly. Full color throughout, with glorious color photographs, these recipes will inspire and excite.

Gluten-Free and Vegan Cheese for the Holidays & Celebration - Wilson Campbell 2021-03-20

Who says that you can have baked goods on your gluten-free and vegan summer party? In this Book, GLUTEN-FREE AND VEGAN BAKING FOR THE HOLIDAYS AND CELEBRATION, you will learn about - Classic and Tasty Recipes - that you can use to celebrate Easter and the summer- No fancy and hassles free baking: this cookbook uses hands on and hassle free kitchen equipment's and easy to find ingredients. - Bring ease to your holiday meals: with over 30 gluten free recipes for your friends and family to enjoy, this cookbook will show you how you can eat festive foods without worrying about wheat so much. In the book, you will learn the secrets for making soft cheeses that you can grate, or slice. The cheeses in this book has many spreadable options which include vegetables, nut milks, lemon juice, probiotics, nutritional yeast and agar-agar. They are also enhanced with spices and herbs. They are real replacement to classic cheese. In the book, you will learn about- A fool proof introduction to vegan cheese making: that makes use of ingredient prep, storage tips and best practices- Recipes that uses affordable and doable ingredients Like cultured butter; cultured raw buttermilk; cultured cashew-based creams- 30 New and Classic vegan cheeses for soft cheese, hard and aged cheeses, fermented and cultured cheese, semi hard pressed cheese, cheese spreads and sauce.

Minimalist Baker's Everyday Cooking - Dana Shultz 2016-04-26

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Vegan Holiday Cooking - Kirsten Kaminski 2019-10-29

Scrumptious Plant-Based Recipes Full of Nostalgic Holiday Holiday Flavors Never miss out at a holiday feast again! Kirsten Kaminski, founder of The Tasty K, provides all the recipes you need to transform your meat-based holiday staples into satisfying vegan options. Swap out fatty ham for an irresistible Mushroom Wellington with Gravy. Capture all the flavors of traditional stuffing in the even-better Roasted Acorn Squash with Quinoa Stuffing. And no one will miss store-bought desserts once you have a homemade Cinnamon Apple Pie on the table. Kirsten makes each celebration delightful with 60 exciting appetizers, entrées and sides. With hearty, satisfying dishes such as Mushroom Bourguignon, Miso-Tofu Meatballs and Dijon Scalloped Potatoes to replace all the old meat-heavy, dairy-filled fare, you can feel the holiday spirit any time of year.

The First Mess Cookbook - Laura Wright 2017-03-07

The blogger behind the Saveur award-winning blog The First Mess shares her eagerly anticipated debut cookbook, featuring more than 125 beautifully prepared seasonal whole-food recipes. Home cooks head to The First Mess for Laura Wright's simple-to-prepare seasonal vegan recipes but stay for her beautiful photographs and enchanting storytelling. In her debut cookbook, Wright presents a visually stunning collection of heirloom-quality recipes highlighting the beauty of the seasons. Her 125 produce-forward recipes showcase the best each season has to offer and, as a whole, demonstrate that plant-based wellness is both accessible and delicious. Wright grew up working at her

family's local food market and vegetable patch in southern Ontario, where fully stocked root cellars in the winter and armfuls of fresh produce in the spring and summer were the norm. After attending culinary school and working for one of Canada's original local food chefs, she launched The First Mess at the urging of her friends in order to share the delicious, no-fuss, healthy, seasonal meals she grew up eating, and she quickly attracted a large, international following. The First Mess Cookbook is filled with more of the exquisitely prepared whole-food recipes and Wright's signature transporting, magical photography. With recipes for every meal of the day, such as Fluffy Whole Grain Pancakes, Romanesco Confetti Salad with Meyer Lemon Dressing, Roasted Eggplant and Olive Bolognese, and desserts such as Earl Grey and Vanilla Bean Tiramisu, The First Mess Cookbook is a must-have for any home cook looking to prepare nourishing plant-based meals with the best the seasons have to offer.

BabyCakes Covers the Classics - Erin McKenna 2011-04-12

For those with food sensitivities, these desserts have remained a distant dream—until now. Following her widely adored debut cookbook with this delectable and extensive new collection, Erin McKenna, celebrated baker and proprietress of BabyCakes NYC in New York and Los Angeles, satisfies all your food fantasies with fifty recipes for perennial favorites—all created without gluten, dairy, eggs, or refined sugar. In addition to its important primer on key ingredients and easy substitutions, BabyCakes Covers the Classics includes a section filled with Erin's insightful solutions to frequently asked questions, which will lead you to newfound baking glory. As for the goods themselves, prepare for untold hours of refreshingly simple and undeniably delicious recipes adapted from the ones that sprinkled our collective childhoods. They include: Thin Mints Madeleines Chocolate Chip Waffles Snickerdoodles S'mores Hamentaschen Square-Pan Tomato Pizza Six-Layer Chocolate Cake with Raspberry Preserves Banana Royale Five variations of BabyCakes NYC's famous donuts & many more . . . BabyCakes Covers the Classics is filled with timeless sweet and savory temptations that vegans, celiacs, and the health-minded can safely indulge in. Erin shows people of all stripes how to take control of a vegan, gluten-free pantry, and she proves that once you do, there are no limitations to what you can bake.

Gluten-Free Cookies All Year Round - Brianna Fackrell 2019-11-25

Gluten-Free Cookies All Year Round has more than 60 recipes, with cookies for every season & occasion. All recipes are gluten free & allergy friendly! DO YOU WANT TO EAT GLUTEN-FREE HOLIDAY COOKIES ALL YEAR ROUND, INSTEAD OF JUST IN DECEMBER? I love eating Christmas cookies. But December shouldn't get all the cookies! We deserve to eat delicious cookies all year round! Which is why I decided to write.... Gluten-Free Cookies All Year Round. There are more than 60 gluten-free cookie recipes inside this ebook! Plus frostings and fillings, for every cookie imaginable! "An incredible cookie cookbook with tips and substitutions for anyone who loves cookies! Brianna's recipes are simple to make and there's a cookie recipe for every type of cookie-lover." - Chrystal Carver, author of Sweet & Simple Gluten-Free Baking and Gluten-Free Donuts and blogger behind glutenfreepalate.com. Not only is Gluten-Free Cookies All Year Round perfect for your own recipe collection, it makes a great gift! Your favorite gluten-free family or friends will think of you each time they bake cookies, all year long. I don't know about you, but I love celebrating with cookies. Happy New Year! Start of the year with some good fortunes inside gluten-free fortune cookies. St. Patrick's Day? Make some shamrock and rainbow cookies for our Leprechaun trap! Valentine's Day love notes on sugar cookies are pretty and tasty too. First day of spring? Have a tea party with lemon iced shortbread! Easter is here! Make some bunny cookies, or cute little birds nests! First camping tip of the summer? Make s'mores on gluten-free "graham" crackers or better yet, make s'mores cookies! It is too hot, but we want something sweet to eat after we go swimming? Make no-bake chocolate cookies or edible cookie dough! You got 100% on your spelling test, have an oatmeal creme pie! First day of fall? Warm up with spicy gingersnaps (aka FIRE cookies)! There is a gluten free cookie for every holiday and occasion, all year round in this e-cookbook! I've gathered up all of my favorite gluten-free cookie recipes, from my site and my previous gluten-free cookbooks, and also created new gluten-free cookie recipes EXCLUSIVE to Gluten-Free Cookies All Year Round. Each recipe has a color photo, and tips so you can easily bake the best cookies you ever have. And they'll be gluten-free to boot. You'll also notice that each recipe is labeled so you can see at a glance what it is "free-from". Dairy-free, Egg-free, Nut-free, and Vegan are all noted so you can easily see what allergens the recipe avoids, as written or with noted and tested

substitutions. The e-book is divided into 5 sections, one for each season. You can easily find cookie recipes for Spring, Summer, Fall, and Winter. Plus there is a bonus section filled with just frosting and filling recipes. Frosting and filling recipes are also included on the same page as the recipes, so you don't have to go flipping to page 82 for the frosting, unless you want to use a different frosting or filling recipe. Hey, sometimes I want to fill my Gluten Free Whoopie Pies with marshmallow filling, and sometimes I want to use buttercream. You do you! What are you waiting for? If you like tasty cookies that happen to be gluten-free, dairy-free, or egg-free you need *Gluten-Free Cookies All Year Round* on your bookshelf (whether virtual or physical).

Gluten-Free and Vegan Holidays - Jennifer Katzinger 2011-09-06
Entertaining friends and family can be a challenge when you're vegan and gluten-free. It can be even trickier when you're not, but a family member or close friend is. So what do you do when you want to prepare a gluten-free and vegan holiday dinner for eight? Turn to *Gluten-Free and Vegan Holidays* for help! Jennifer Katzinger, author of the popular *Flying Apron's Gluten-Free & Vegan Baking Book* makes celebrating the holidays simple and stylish with seventy delicious, satisfying recipes for our most cherished holidays. Here you'll find both sweet and savory gluten-free and vegan menus for Thanksgiving and Christmas feasts, for a romantic Valentine's Day dinner for two, for springtime Easter and Passover celebrations, a 4th of July picnic, and many more. Whether you're gluten-free and vegan or not, you'll please the ones you love with these simple yet sophisticated and pleasing menus.

Naturally Sweet & Gluten-free - Ricki Heller 2013
Finally a dessert book without gluten, eggs, dairy or refined sugars! Allergy-friendly and entirely vegan, the "sweets" in this book are great tasting and good for you too! Through years of recipe testing and receiving feedback from thousands of comments on her blog, *Diet, Dessert and Dogs*, Heller has taken great care to ensure that every recipe from this book will taste just as good as a traditional dessert — and some, even better! With a lower glycemic index than "regular" desserts, these healthy versions of traditional favorites: Frosted Vanilla Cupcakes, Pumpkin Loaf, Chocolate Chip Cookies, and Chocolate Pecan Pie are sure to delight. There are also a huge array of desserts made with creative combinations of ingredients (yep, some vegetables, too) and innovative, unusual uses of alternatives to provide the greatest health benefits possible. Who knew gluten-free, vegan desserts could be so

delicious and delightful?

Gluten-Free & Vegan Pie - Jennifer Katzinger 2013-08-20

Dig into this delicious collection of more than 55 gluten-free and vegan pie recipes that rival in taste any "regular" pie out there. Home-baked pie, fresh from the oven, is practically an American tradition. Who doesn't love it? But baking your favorite pies without dairy, eggs, gluten, or animal products calls for a different approach to both fillings and dough. Here you'll find techniques and tips for mixing and working with dough that doesn't contain butter or lard, and for luscious fillings that contain neither cream nor egg. With an emphasis on popular sweet pies such as banana cream pie, blueberry maple, pumpkin chiffon, and traditional apple, and with more than a dozen recipes for various kinds of pie crusts, this cookbook is a must for any pie lover, especially those with gluten-free or vegan diets.

Gluten-Free Vegan Comfort Food - Susan O'Brien 2012-02-07

Features more than one-hundred comfort food recipes that satisfy both the gluten-free and vegan lifestyles, covering breakfast, kids' favorites, soups and salads, ethnic foods, and desserts.

The Superfun Times Vegan Holiday Cookbook - Isa Chandra Moskowitz 2016-11-15

Bestselling author, vegan goddess, and comfort food queen Isa Chandra Moskowitz is back with her biggest book ever -- to prove that making festive vegan food for any occasion can be easy, delicious, and super fun. Gone are the days of stressing over how to please family and friends with different dietary needs. Bursting with knock-your-socks-off, mind-bogglingly tasty vegan recipes for Cinnamon Apple Crepes, Cheeseburger Pizza, Biscuits and Gravy, Churro Biscotti, and so much more, *The Superfun Times Vegan Holiday Cookbook* will make everyone at your table happy—even meat eaters and the gluten challenged. Isa provides everything you need to get your party started, from finger food and appetizers to casseroles, roasts, and dozens of special sides. Then comes a throng of cakes, cookies, cobblers, loaves, pies, and frozen treats to make you feel like the best dang vegan cook in the world. You'll start with New Year's, stop for Valentine's Day on the way to Easter and Passover, party down from Cinco de Mayo through the Fourth of July, and cook through Thanksgiving, Hanukkah, and Christmas. And with more than 250 seasonal recipes, you'll mix, match, and remix for every celebration in between -- filling your life with holiday cheer the whole year round.