

## Aquafaba Sweet And Savory Vegan Recipes Made Egg Free With The Magic Of Bean Water

Aquafaba Sweet and Savory Egg-Free Vegan Recipes Using the Magic of Bean Water

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 easy recipes in this plant-based cookbook let you enjoy all decadent deliciousness of bacon without the unhealthy fat and cholesterol. We all know that processed meats are bad for us. But we can't deny that everything tastes better with bacon. In Baconish, vegan chef Leinana Two Moons shows you how to get that salty, smoky, crispy yum using healthy plant-based ingredients. It's all in the seasonings, and these easy-to-make recipes are loaded with bacony flavor. Leinana shares a variety of plant-based bacon recipes, using everything from seitan and tempeh to eggplant, carrots, mushrooms, and even coconut! She then shows how these baconish basics can be incorporated into your favorite bacon dishes—from Quiche Lorraine and BLTs to Pasta Carbonara, Bacon and Cheddar Scones, Maple-Bacon Donuts, and more.

Fabulous recipes using the miraculous plant-based egg replacer made from simple bean liquid. The bean liquid we used to throw away turns out to be one of the most astonishing culinary discoveries of the decade. With its amazing egg-replacement abilities, miraculous "aquafaba" can be used as an egg-replacer to make everything from French toast to lemon meringue pie. This groundbreaking cookbook is the first to explore the many uses for aquafaba in cooking and baking. Aquafaba can be used as a binder in both sweet and savory recipes and is a boon to vegans, people with egg allergies, as well as anyone interested in innovative cooking with a magical new ingredient. Aquafaba includes the story of how the bean liquid properties were discovered, how to use it, and how to make fabulous recipes, including: waffles crepes quiche burgers macarons marshmallows Aquafaba can even be used to make dairy-free cheese, ice cream, butter, and so much more. The book also includes a chapter filled with recipes that use the chickpeas and beans that remain after using their liquid to make aquafaba. The latest title by San-Diego-based author Zsu Dever (author of Vegan Bowls and Everyday Vegan Eats), Aquafaba features Zsu's signature photography, her easy-to-follow instructions, and metric conversion charts.

'this book is filled with recipes that look so very, very good to eat.' NIGELLA LAWSON 'it's refreshing that Rachel Ama is, in many ways, just herself' RUBY TANDOH OBSERVER RISING STAR OF FOOD, 2019 Find brilliant plant-based dishes that make cooking and enjoying delicious vegan food every day genuinely easy – and fun - in Rachel Ama's Vegan Eats. No bland or boring dishes, and forget all-day cooking. Rachel takes inspiration from naturally vegan dishes and cuisines as well as her Caribbean and West African roots to create great full-flavour recipes that are easy to make and will inspire you to make vegan food part of your daily life. Rachel's recipes are quick and often one-pot; ingredients lists are short and supermarket-friendly; dishes can be prepped-ahead and, most importantly, she has included a song with each recipe so that you have a banging playlist to go alongside every plate of delicious food. Cinnamon French toast with strawberries Chickpea sweet potato falafel Peanut rice and veg stir-fry Caribbean fritters Plantain burger Tabbouleh salad Carrot cake waffles with cashew frosting So if you share Rachel's attitude that vegan food should fit into your life with ease and pleasure – whether you are a fully fledged vegan looking for new ideas, want to reduce your meat intake, make more environmentally friendly food choices, or just keen to eat more veg – Rachel's genius cookbook is for you.

Over 65 recipes and ways to enjoy chickpeas, the most deliciously versatile staple in vegetarian and vegan cookery. A prince among pulses, the humble chickpea is an essential ingredient for anyone who is embracing more vegan and vegetarian foods in their daily diet. This book provides all the inspiration you need to take full advantage of this versatile legume and its endless culinary possibilities. Chickpeas (also known as garbanzo beans) are packed with protein and are, of course, the key ingredients behind popular snacks like falafel and hummus, but also form the basis for so many other dishes, both savoury and sweet. Here you will find over 65 delicious ways to enjoy them, from dips and small bites, to soups, stews, salads, bakes and desserts. For lighter meals, try fool-proof recipes such as homemade hummus, falafel and chana masala. For more explorative and exciting uses of the mighty chickpea, discover 'tuna' style Chickpea Salad Sandwiches, Chickpea Burgers or an Aquafaba Meringue Pavlova.

Delicious home-style vegan recipes in an easy-to-use collection that leaves out meat and dairy while not leaving out flavor. With expert cooking skills, California restaurant veteran Zsu Dever not only convinced her family to go vegan, but also has kept them happy for many years with a variety of home-style dishes. In this book, she shares the secrets of how she did it and how you can make her family's favorite dishes at home. Everyday Vegan Eats is filled with comfort-food recipes guaranteed to please everyone at the table, from vegans to omnivores. The recipes focus on familiar favorites that have been reconfigured to suit a healthier lifestyle, including: Tater Tot Casserole Lasagna Americana Arroz non Pollo Deli Reubens Baked Macaroni and Cheese and many others Everyday Vegan Eats contains clearly written recipes made with easy-to-find ingredients, a number of full-color, practical step-by-step recipe photos, and helpful tips

for the beginner to make “going vegan” easy and delicious. The book shows readers how to get the most out of vegan living with tips on vegan basics, how to shop, and stocking a vegan pantry. It even features a food allergy substitution guide and appendices for resources, a glossary, and equipment.

Aquafaba literally means bean water -- the water that's drained off neutral-colored beans like chickpeas, white beans and cannellini beans. Vegans have had limited choices when it came to baked goods. The existing substitutes did not have the chemical properties of eggs which made them integral for binding and leavening. But now there is the perfect substitute and it's aquafaba. And it's blown open the world of vegan baking. This collection of recipes, however, is not only for vegans. It is great for anyone who has an allergy to dairy and eggs. It's proof that you can go egg-free and still enjoy delicious recipes. You will never miss eggs again. The general rule of thumb is 3 tbsp of aquafaba equals one egg. The protein in aquafaba, when mixed with some sugar and a pinch of cream of tartar, perfectly simulates egg whites. Neutral in taste, you don't have to worry about your dishes tasting beany. All your breakfast and brunch favorites are here from omelettes, French Toast and pancakes to scones and crepes. You'll enjoy satisfying and sumptuous Vegan Shepherds Pie, Vegan Mac and Cheese and Manicotti for lunch or dinner. And you can once again enjoy Alfredo Sauce over your pasta. And the meringue desserts are not to be missed -- Fruit Pavlova and Sweet Potato Pie to Lemon Meringue Pie. Chocolate Chip Cookies, S'mores Bars, Snickerdoodles and Chocolate Ice Cream are perfect for those children's birthday parties where allergies are now a prevailing concern. Now you no longer have to live without the culinary wonders that eggs and egg whites produce. All you need to do is open up a can of chickpeas, drain the water and you're ready to go.

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

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.

In Incredible Plant-Based Desserts, Instagram star Anthea Cheng (@rainbournourishments) shares her trade-secret recipes for seriously luscious, showstopping vegan sweet treats that will delight everyone, from healthy eaters pursuing a plant-based diet to those who simply appreciate a beautifully crafted dessert. Whether you are an eager home cook or a more experienced chef, Anthea shows you that sponge cakes can still be fluffy and moist and pastry can still melt in your mouth without animal-derived ingredients. Find playful, modern spins on classic desserts, such as fail-safe tiramisu trifles topped with caramelized popcorn or Snickers transformed into a multi-layered cake with peanut brittle. For when life gets busy, simplify with recipes like three-ingredient pancakes and fruit-filled muffins. If you want something indulgent, the Homer Simpson pink donuts, baklava custard tart, and chocolate brownie peanut butter sandwich cookies are for you. You'll also find wholesome choices like a berry chocolate mousse tart and cupcakes with rainbow cashew buttercream. Anthea has carefully selected ingredients to ensure you won't accumulate odd, once-used stuff in your pantry. And with plenty of options for people avoiding gluten, refined sugar, nuts, and other common allergens, no one misses out on the deliciousness. All of the recipes have been tested and approved by vegans and non-vegans alike. Accompanied by stunning photography, these recipes will bring some magic to your every day, dinner table, or special occasion.

Put flavour and flexibility at the heart of your kitchen with Rachel Ama's One Pot: Three Ways. Rachel Ama is reframing vegan cooking. Create a veg-packed centerpiece dish in one pan/pot/tray and choose from three creative and flavoursome ways to either serve it up with just a few ingredients or transform it into something else entirely. The options are endless - level up your leftovers and create a new feast each day, scale portions up or down, cook all three serving options for a vegan feast with friends, or freeze leftovers to refresh later when you're strapped for time - whatever you choose, this way of cooking will help you have dinner part-ready-and-waiting, making plant-based eating feel even more achievable every day. Transform or serve Peri Peri Mushrooms with: 1. Peri Peri Pittas 2. Potato Wedges & Slaw 3. Peri Peri Charred Sweetcorn Salad Bowls Serve up or refresh Caribbean Curried Jack into: 1. Coconut Rice & Coleslaw 2. Coconut Flatbreads with Tomato & Red Onion Salad 3. Caribbean Patties with Orange & Avocado Salad Rachel creates her recipes by moving through 'stations' in the kitchen, weaving together fresh ingredients, pantry staples, and, most importantly, the 'flavour station', where she adds spices, dried herbs and those all-important sauces to really bring each dish to life. So pick up Rachel's handy tips to help you live a vegan lifestyle simply and deliciously. Omelets. French toast. Bacon. Brunch has always been about comfort, calories—and for vegans everywhere, a feast of foods they can't touch. Until now! Bestselling vegan chef Isa Chandra Moskowitz unleashes her signature flair and ingenuity to give readers breakfast they won't find anywhere else, whether welcoming you from a late night on the town or waking you up for a meal you won't want to forget. Recipes range from the classic (Pancakes and Waffles) to the inspired (Banana Rabanada) to the decadent (Pain au Chocolat) to the essential (Bloody Marys). The book also includes gluten-free and soy-free recipes. With over 75 recipes suitable for one or to wow a crowd, and gorgeous color photos throughout, Vegan Brunch is the ultimate cookbook for the most important meal of the day.

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Vegan Recipes That'll Punch Your Taste Buds in the Mouth Natalie Slater has been described as "Martha Stewart meets Iron Maiden," taking vegan cooking to places it has never been before. Influenced by slasher films, pro-wrestling, punk rock and heavy metal, her quirky-yet-delicious comfort foods are a refreshing take on vegan eating with award-winning flavors. Along the way, her off-color humor, irreverent rants and density of pop-culture references will make you laugh out loud. Inside this high-energy cookbook you'll find recipes for Bike Messenger Brownies—inspired by the espresso-infused chai latte these speed demons use to fuel up; and Crouching Cornbread, Hidden Broccoli—Natalie's sneaky way of getting her son to eat vegetables. Other creations include the Grilled Mac 'n' Cheez Sandwich, Taco Lasagna, Chick-O Cheesecake, and her Shepherd's Pie Pizza, about which she writes, "Some people were born to rock n' roll. Others were born to ride. I was born to put mashed potatoes on pizza." Bake and Destroy was named one of the most anticipated cookbooks of the year by VegNews.

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow!

Whip up classic baked goods with simple vegan recipes Making crave-worthy vegan baked goods doesn't require professional training! Vegan Baking Made Easy teaches bakers everything they need to make top-notch treats with affordable ingredients. It's full of easy, dependable recipes for familiar favorites along with a few new discoveries. With this vegan cookbook, home bakers will soon be pulling fresh-baked chocolate chip cookies, pumpkin bread, and strawberry shortcake warm out of the oven. Baking made simple--Almost every recipe uses no more than 10 ingredients, requires just one bowl, or takes less than one hour to make. Set up for success--Learn the secrets to perfecting each recipe without eggs and dairy, and find out how to adapt them to be nut-free or gluten-free. The vegan kitchen--Find out how to stock a pantry and equip a kitchen for vegan baking with a rundown of ingredients and essential tools. Bake up a bounty of cookies, cakes, pies, and more with this easy vegan baking cookbook.

100 quick & easy, balanced vegan meals with expert flavor pairings in every bowl, from the author of Everyday Vegan Eats. Many of the recipes can be made in thirty minutes or less. You'll enjoy satisfying bowls of soup and salad bowls, such as Vietnamese Seitan Pho, Rhode Island Chowder, Sizzling Southwest Fajita Salad, and Tapenade Panzanella. The book also features enticing breakfast bowls and international specialties, such as Chickpea Brasoi, Lentil Picadillo, and Jerk Tofu over Coconut Rice. Fun to make and serve, the more than 100 main dish bowls include: Summer Orzotto Bowl Mushroom Carbonara Vegan Gyros Bowl Sofrito Crusted Tempeh Bowl Korean Bean Bulgogi Grilled Potato Salad Bowl All the components for these one-bowl

meals have been matched perfectly for a truly great eating experience. The recipes sound like they're from an upscale restaurant, but they are simple to prepare and use familiar ingredients. Best of all, every savory recipe is a complete meal all contained in a single cozy bowl: protein, starch, vegetables and flavors, flavors, flavors! Also includes full-color photos, cooking tips, tricks, and a resources list.

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.

What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Now, in her first cookbook, Katie shares over 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies, that use only real ingredients, without any unnecessary fats, sugars, or empty calories. These desserts prove once and for all that health and happiness can go hand-in-hand—you can have your dessert and eat it, too!

Want tasty vegan, vegetarian, eggless, or dairy-free bakes? This book is packed with vegan baking recipes that are quick, simple, and delicious. Packed with savory and sweet ideas for vegan desserts, breads, and even mains such as dairy-free pizza and eggless quiche, every recipe uses straightforward techniques and easy-to-source ingredients, and has a beautiful photograph to tempt your taste-buds. Authors Jérôme Eckmeier and Daniela Lais are longtime vegans with a passion for cooking, teaching you to bake irresistibly good treats such as gooey vegan brownies, light and fluffy vegan pancakes and eggless cakes, or a smooth and creamy vegan "cheesecake." Use their clever tips to avoid disappointing, dry, or unrisen results, and follow their instructions to make your own everyday vegan substitutions for mainstream baking ingredients such as cream cheese and buttermilk. With Jérôme and Daniela's reassuring guidance, even beginning bakers will triumph in the kitchen. So whether you're thinking about going vegan, are a longtime vegan or vegetarian, are egg- or dairy-free because of food allergies, or are simply looking for healthier alternatives to your favorite treats--look no further than Easy Vegan Baking.

Satisfy your sweet tooth with delicious, decadent vegan desserts From cakes and candies to puddings, brownies, and beyond--you can whip up magical, mouthwatering desserts without using dairy or eggs. Whether you've embraced a plant-based lifestyle or you're living with an egg or dairy allergy, the Vegan Dessert Cookbook will show you how simple and satisfying vegan desserts can be! No matter your skill level, you're sure to find sweet success with this dessert cookbook. You'll find guidance on choosing affordable, easy-to-find substitutes for dairy and egg products, plus advice on how to adapt recipes for other dietary needs. Master practical techniques, including troubleshooting tips and ways to enhance your desserts. Then, try your hand at dozens of tasty recipes like Cinnamon-Pecan Swirls, Black Forest Cake, and Rainbow Sherbet--sure to satisfy vegans and non-vegans alike. The Vegan Dessert Cookbook includes: Stepping stones--Whether you're new to the vegan lifestyle or a pro at plant-based cooking, this dessert cookbook offers recipes for every skill level and taste. Plant-based pantry--Find help on essential equipment and must-have ingredients, plus easy swaps for other allergens and dietary needs. Make it vegan--This dessert cookbook is packed with dozens of delightful desserts, as well as sweet staples like Dairy-Free Buttercream Frosting. With the Vegan Dessert Cookbook, you'll have everything you need to make all of your favorite desserts egg-free, dairy-free, and wholly delicious.

Tempted to try your hand at vegan food but don't know where to start? Or even just to make meat-free Monday a regular thing? Long gone are the days of vegan food being dull and worthy: Vegan 100 is bold, vibrant and gorgeous. Going vegan was the best decision Gaz Oakley ever made. Gaz, aka Avant-Garde Vegan, was once a meat eater and often didn't feel well. Overnight, he decided to go vegan for the health benefits, for his love of animals and to do his part in looking after the planet. He found that, as a trained chef, it was surprisingly easy to get big tastes and colours into vegan dishes without compromise, and he also noticed an improvement in the way he felt. The emphasis in Gaz's 100 amazing vegan recipes is first and foremost on FLAVOUR. From Kentucky Fried Chick'n and Fillet "Steak" Wellington to Chocolate Tart and Summer Berry Mousse Cake, it's all incredible-tasting food that just happens to be vegan. Delectable, beautiful and packed with dishes that are good for you, this is like no other vegan cookbook.

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. 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.

Delicious egg-free baked goods using aquafaba Move over tofu, there's a miraculous new egg replacement in town! With baking properties so amazing it can create fluffy quiche and light meringue, aquafaba is the breakthrough ingredient that will revolutionize your vegan baking. Baking Magic with Aquafaba offers up recipes for creamy sweet treats and rich savory dishes, such as:

- Key Lime Mousse
- Chocolate Pirouette Cookies
- Lemon Meringue Pie
- Birthday Cake Waffles
- Pistachio Macarons
- Sponge Cake
- Rocky Road Ice Cream
- Cranberry Orange Scones
- Pesto Flatbread
- Baked "Mozzarella" Sticks
- Hollandaise Sauce
- Garlic Aioli

This cruelty-free ingredient is as versatile as it is tasty. It can be whipped into cakes, pie

fillings, delicious icings and used as a fat substitute for butters, aiolis and cheeses, without sacrificing texture or flavor.

From the Latin aqua (water) and faba (beans), aquafaba is the cooking liquid found in tinned beans and other legumes like chickpeas or the liquid left over from cooking your own. It can be used to replace egg whites in many sweet and savory recipes. Its unique mix of starches, proteins, fiber and sugars, which are left in the water after cooking, gives aquafaba a wide range of emulsifying, foaming, binding and thickening properties, making it the perfect ingredient in vegan cooking or recipes for those who have egg allergies. It's amazing to think that this precious liquid that we all threw down the sink could have such incredible properties? This is a real culinary revolution. The authors give all the secrets of aquafaba; how to make your own at home with just chickpeas and water and then how to use it in a dazzling array of recipes. Aquafaba beaten with a whisk produces a mountain of snowy white, giving volume to your muffins, and binding in your pasta. At last for vegans, lemon meringue pie, mousses, mayonnaise, macaroons and meringues are on the menu. Sébastien and Laura have thought of everything. Having created your aquafaba there are even a collection of recipes at the end of the book which use those cooked chickpeas to make hummus, falafels and curries.

Crispy, Crunchy, Nutritious Meals in Half the Time Vegan Cooking in Your Air Fryer provides plant-based dishes with all the decadence of fried food without the added calories. Using little to no oil, these recipes result in wholesome and delicious meals with less mess, but the perfect texture, everytime. You will be amazed at how fast you can have dinner on the table using your air fryer. With recipes like Black Bean Avocado Chimichangas, Cheesy Hot Sauce Collard Chips, Cajun French Fry Po'Boy with Vegan Mushroom Gravy and Banana Spring Rolls, plus techniques that yield crispy tofu to rival any restaurant, Vegan Cooking in Your Air Fryer makes healthy eating easy, fast and tasty.

Meet the New Must-Have-It Pantry Staple: Chickpea Flour Why make chickpea flour your new go-to? Because everyone—gluten-free or not—will find a reason to love it. This versatile alternative to wheat flour shines in savory and sweet dishes alike. It's been used for centuries around the world, and is famous in Nice, France, where the flatbread socca is enjoyed with a chilled glass of rosé. In this gorgeously photographed cookbook, Lindsey S. Love takes inspiration from her favorite seasonal ingredients, global flavors, and much-loved family recipes to create vibrant gluten-free, dairy-free, and vegetarian dishes where chickpea flour is the star. Gluten-free diners especially will be amazed by the variety—nothing's off the table anymore, and taste is never sacrificed. Plus, many recipes are vegan—taking advantage of chickpea flour as a base for vegan sauces and a soy-free alternative to tofu. Lindsey's inventive recipes meld sophisticated and subtle flavors—and beg to be shared with friends and family at any time of the year! Toast It, Sift It, Simmer It . . . Chickpea Flour Does It All: Thickens and flavors hearty dishes like Sunchoke and Leek Soup Gives any dish a protein boost, even Vanilla Bean Lavender Cupcakes Adds creamy texture to dairy-free dishes, such as Loaded Sweet Potatoes with Chickpea Sour Cream And brings back family favorites—now gluten-free—like pizza (Chickpea Pizza with Asparagus and Pea Shoot Tangle) and pancakes (Sautéed Pear and Sage Pancakes with Almonds)!

Delicious vegan meals are fun to prepare in your own home kitchen with Laura Theodore's newest cookbook, Jazzy Vegetarian's Deliciously Vegan: Plant-Powered Recipes for the Modern, Mindful Kitchen. This modern guide to vegan eating is a full color, 320-page cookbook with beautiful full-color photos on nearly every page. In addition to over 175 plant-based recipes, Laura helps readers learn what it takes to stock and cook in a well-equipped vegan kitchen, with these essential Top Ten lists: &•Ingredients to have on hand at all times in your pantry &•Effective egg substitutions for baking &•Delicious options for making vegan cheese and cream &•Two-ingredient recipes &•Herbs and spices to always keep in your kitchen From simple snack ideas to enticing entrées to mouthwatering desserts, this cookbook features delectable main dish recipes like Teriyaki Kebabs, Sunny Black Bean Burgers and Gingered Portobello Steaks. Crowd-pleasing party foods include Guacamole Mini Peppers, Chili-Maple Almonds and Miso Hummus. Vegan Burritos with Tofu Queso Fresca, Golden Cashew Milk and Seitan Fajitas round out diverse dinner menus. And for dessert, Laura has plenty of scrumptious sweets to choose from, like Lively-Lemon Cupcakes, Sweet Potato Pie and Divine Chocolate Mousse Cake. Highlighting holiday entertaining to everyday ideas for preparing quick plant-based meals for the family, Laura Theodore's Jazzy Vegetarian's Deliciously Vegan is the ultimate guide for the vegan home chef. Retailing for \$22.95, Jazzy Vegetarian's Deliciously Vegan is the companion cookbook to season six of the hit cooking show, Jazzy Vegetarian.

Not Your Granny's Home Cookin'! Epic Vegan offers a step-by-step guide to creating timeless comfort foods that are over-the-top delicious, and always plant based. Think classic and nostalgic, yet messy, juicy, and Instagram-worthy at the same time. Are you into playing with your food? Epic Vegan does just that, encouraging home cooks to think outside of the box. Author Dustin Harder, host and creator of the original vegan travel culinary series, The Vegan Roadie, is your culinary coordinator for the adventure ahead, sharing recipes that everyone from beginner cooks to experienced chefs can create at home. How does it work? Recipes are built from the ground up, so you can stop at just the biscuit, or go beyond to the Deep Dish Brunch Pizza with Garlicky Cheddar Biscuit Crust—the choice is yours! Also included are recreations of fast-food classics, like Norito's Los Tacos and Cray Cray Bread (you know you can't resist). Every creation is a flavor sensation guaranteed to wow your friends and your taste buds. The level of indulgence is up to you to decide! What does an Epic Vegan recipe sound like? Here are just a few examples: Festive Cheesy Spinach Bread Savory Cheddar Fondu Waffle Bowl Monte Cristo Rolls Crab Rangoon Pizza Double Stacked Cookie Dough Cake Bacon Macaroni and Cheese Blue Burger Hushpuppy Phish Filet Sandwich Pumpkin Cream Cheese Latte Shake Cheesesteak Baked Potato Bowl Fried Chicken n Waffle Benedict Sandwich Stuffed Crust Meatball Parm Pizza Almost Famous Buffalo Chicken Lasagna Churro Cup Sundaes Epic Vegan offers a choose-your-own-adventure approach for you to become a kitchen warrior in your own home, your own way. Playing with your food has never been more fun, or more epic!

Baked Goods That Actually Make You Feel Good? Are you saying "no" to dessert because of food allergies or health concerns? Or saying "no" when your kid asks for a cupcake at a birthday party? If so, Sweet Debbie has a Chocoholic Cupcake for you! With her own son allergic to "every food in the USDA pyramid," Debbie Adler took matters into her own kitchen. Today, her wildly popular, allergen-free bakery, Sweet Debbie's Organic Cupcakes, has Hollywood's A-list celebrities lining up for her delicious, nutritious muffins, brownies, cookies, cupcakes, donut holes and breads. Now Sweet Debbie is sharing all her delectable secrets for fifty scrumptious treats like: Irresistible Red Velvet Cupcakes Salted Caramel Apple Muffins Cosmic Chocolate Chip Cookies Gourmet Dark Chocolate Mesquite Brownies Blueberry Streusel Donut Holes If you're a vegan, diabetic, have celiac disease, a food allergy or an intolerance, or are simply interested in boosting your health via your baking tins, set the oven to "preheat" and sit down with Sweet Debbie's Organic Treats. Your sweet tooth will thank you for it.

Make Better Plant-Based Meals with All-Star Vegan Ingredients This must-have guide is indispensable for anyone who's new to plant-based cooking. There's no need to rely on sad pasta dishes or boring salads to stick to your diet—Wait, That's Vegan?! author Lisa Dawn Angerame guides you through 26 of the most important ingredients in vegan cooking so you can reach your full potential in the kitchen. You'll start with aquafaba, beets and coconut milk and make your way to XO sauce, yogurt and zucchini with these simple yet flavorful recipes. With this book, there's no need to feel intimidated, as Lisa devotes each chapter to a different vegan staple, giving you the chance to familiarize yourself with each one. Never again puzzle over the difference between flaxseed and aquafaba as egg substitutes or between portobello and jackfruit as meat substitutes, because this book has you covered. Plus, once you know the basics behind these vegan ingredients, the sky's the limit. Do you crave savory, indulgent

favorites, but aren't sure how to make them vegan? Dive into cooking with nutritional yeast as you make a melt-in-your-mouth Classic Crusty Mac and Cheese, or get familiar with aquafaba and whip up some Not Your Grandma's Gnocchi. More of a dessert fan? Try a flaxseed-rich Banana-Caramel Upside-Down Cake, drizzled with a Sweet Buttery Miso Caramel sauce. Whether you're new to vegan cooking or looking to deepen your understanding of plant-based ingredients, this book is an invaluable guide for anyone who wants to make amazing and nutritious vegan meals.

Shares recipes for more than one hundred gluten-free baked goods featuring such foods as almond milk, soy butter, coconut oil, and nut creams instead of eggs and dairy products, including children's favorites, desserts, breads, and frostings.

Se prima consideravamo l'acqua dei ceci uno scarto, dopo aver letto il libro di Zsu Dever, una delle massime esperte sul Web, la conserveremo come il più prezioso dei tesori. Molto più di un semplice ricettario, questo libro spiega come preparare l'aquafaba a casa, montarla in una bianca e soffice spuma e ottenere meringhe, macaron, waffle, muffin, oltre a salse, burger, quiche e frittate. 80 ricette fotografate tutte vegetali e goduriose (con le varianti senza glutine, soia e frutta secca) per cambiare musica in cucina. Con approfondimenti e consigli su ingredienti, tecniche e attrezzatura, e un capitolo di ricette con protagonisti i ceci avanzati, per evitare ogni spreco. L'edizione italiana è curata da Annalisa Malerba.

A guide to creating vegan versions of pantry staples--from dairy and meat substitutes such as vegan yogurt, mayo, bacon, and cheese, to dressings, sauces, cookies, and more. Kitchen crafters know the pleasure of making their own staples and specialty foods, whether it's cultured sour cream or a stellar soup stock. It's a fresher, healthier, more natural approach to eating and living. Now vegans who are sick of buying over-processed, over-packaged products can finally join the homemade revolution. Studded with full-color photos, The Homemade Vegan Pantry celebrates beautiful, handcrafted foods that don't take a ton of time, from ice cream and pizza dough, to granola and breakfast sausage. Miyoko Schinner guides readers through the techniques for making French-style buttercreams, roasted tomatoes, and pasta without special equipment. Her easy methods make "slow food" fast, and full of flavor. The Homemade Vegan Pantry raises the bar on plant-based cuisine, not only for vegans and vegetarians, but also for the growing number of Americans looking to eat lighter and healthier, and anyone interested in a handcrafted approach to food.

"Recipes include: triple-chocolate glazed donuts; rosemary and fig focaccia; lemon-lavendar shortbreads; pumpkin pie with oat-nut crust; and much more!"--Page 4 of cover.

The Only Vegan Cookbook You'll Ever Need Seven standout authors have joined forces to create this definitive vegan reference book. With more than 600 recipes, this indispensable kitchen staple is perfect for seasoned vegans looking to build their repertoires, cooks new to the basics of plant-based cuisine and curious meat-eaters on the hunt for new flavors. Gluten-free, soy-free and sugar-free options are included, and many recipes come together in 30 minutes or less. Offering unbeatable variety and covering everything from main dishes, sides, soups and salads to breakfasts, beverages, desserts and pantry staples, these experienced and creative vegan authorities have you covered.

Vegan cooking made fast, fresh, and flavorful with the convenience of a pressure cooker, including all the essential info for using the appliance safely and effectively, and 175 recipes.

The blogger behind the Savor 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. Nutritious vegan meals for you and your baby! As a vegan, you understand how important it is to get the right nutrients into your diet, but creating these wholesome dishes can present even more of a challenge now that you're eating for two. The Vegan Pregnancy Cookbook not only tells you what kinds of foods you should be adding to your plate, but also shows you how to incorporate essential vitamins and minerals into each meal, leaving you and baby feeling satisfied and strong. Don't worry--these nutrient-packed dishes will still provide the flavors and variety you crave. Feast your eyes on more than 200 delicious recipes, including: Maple-cinnamon breakfast quinoa Creamy sun-dried tomato pasta Orange and ginger mixed-veggie stir-fry Spicy southern jambalaya White bean and orzo minestrone Sweetheart raspberry lemon cupcakes With this book, you'll nourish your body and rest easy knowing that your baby is growing healthy and happy--one tasty vegan meal at a time.

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