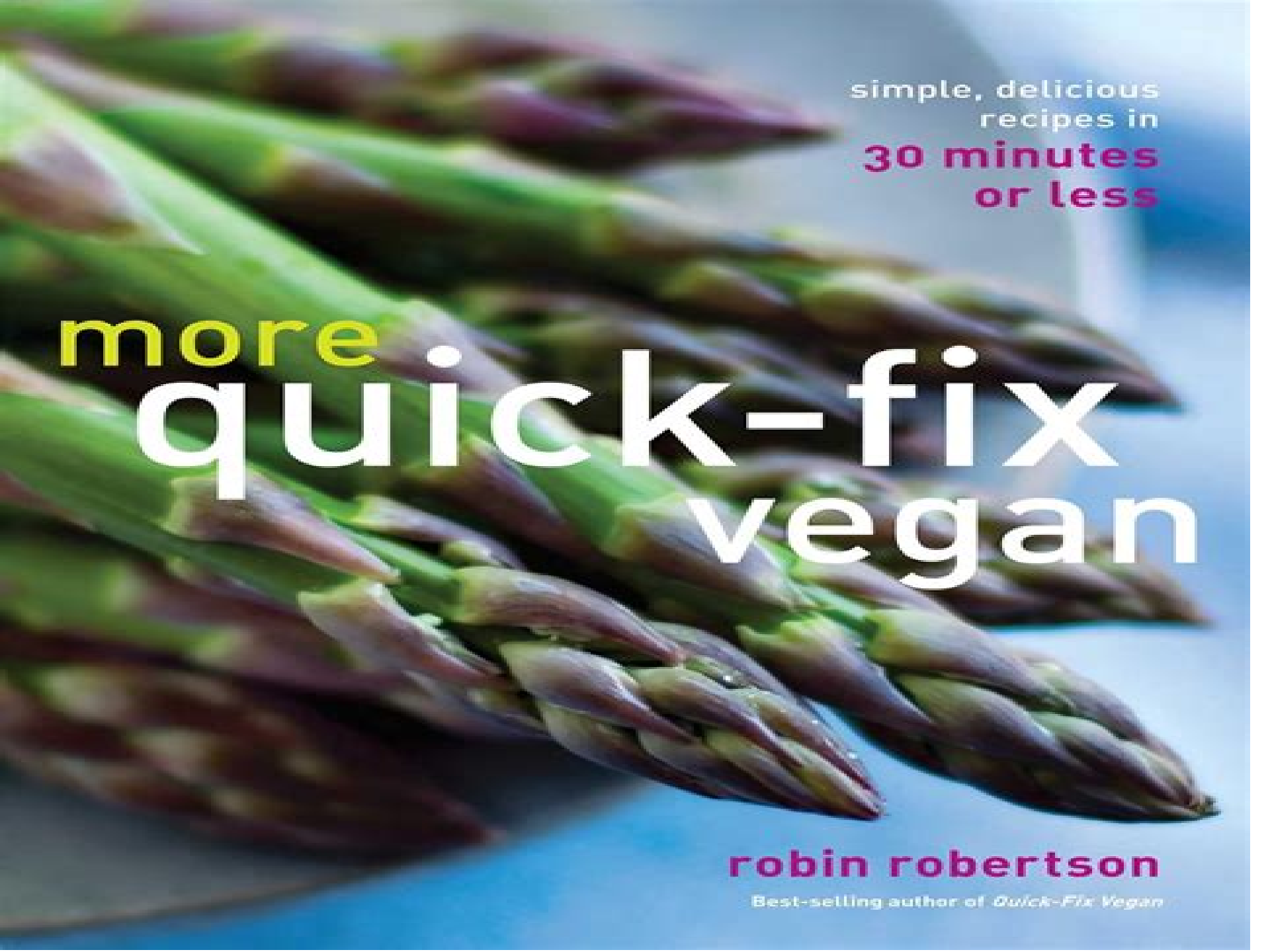




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Best-selling author of *Quick-Fix Vegan*

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Robin Robertson



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More Quick-Fix Vegan Robin Robertson, 2014-03-04 The acclaimed vegan chef presents 150 all new plant based easy and flavorful recipes that will save you time and money These healthy new fast food recipes have all the ease and convenience of Robin's bestselling Quick Fix Vegan Along with hearty soups and stews pasta stir fry skillet dishes and desserts this volume features unique big bowl recipes which provide complete meals containing a protein a grain or starch and vegetables all served in a bowl Robin also shares super simple recipes made entirely from pantry ingredients Recipes include Sloppy Jacks Tonkatsu Tacos Pantry Paella Fiery Korean Stir Fry Jamaican Rasta Pasta Sicilian Pasta with Chard and Walnuts Mediterranean Vegetable Strudel Quick Cornbread Mango Fried Rice Pudding Baklava Palmiers And much more

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Hot Vegan Robin Robertson, 2014-09-23 The acclaimed chef presents the most flavorful vegan cookbook in print featuring authentic wonderfully spiced dishes from every continent Erik Marcus Vegan.com Explore the rich and diverse flavors of the world in 200 meatless dairy free and egg free recipes ranging from subtly spiced to full on fiery Drawing on the culinary traditions of the Americas Europe the Middle East Africa Asia and beyond Robin Robertson shares luscious and inventive offerings Recipes include Tunisian Couscous Sichuan Noodle Salad Jambalaya Penne Arrabbiata Thai Coconut Soup and Vindaloo Vegetables all made using readily available ingredients and easily adjusted to your taste hot or not This book has the makings of another Robin Robertson classic Her talent for adapting international cuisines for the everyday cook and giving them her unique stamp shines through in every recipe in this collection Nava Atlas The Vegetarian Family Cookbook Hot Vegan was previously published as Vegan Fire Spice This edition features a new title cover and a few new recipes

The Help Yourself Cookbook for Kids Ruby Roth, 2016-04-05 Experts tell us the best way to teach kids healthy eating habits is to involve them in the process This irresistible cookbook presents 60 appealing recipes kids will beg to make themselves in fun and charming illustrations they will love Bursting with color humor cute animal characters and cool facts Did you know your brain actually shrinks when you're dehydrated Drink water quick Help Yourself empowers children to take charge of their own nutrition for now and for life Recipes include fun to munch hand held snacks like Life Boats bright fruit flavored drinks like Tickled Pink the always popular things on toast like Leprechaun Tracks salads they will actually eat like Tiger Stripes

cozy small meals like Tomato Tornado and sweets like chocolatey Disappearing Dots because everybody likes candy Excerpt from the Intro Since the day you were born someone has been making you food and serving you meals that s the life But wait a minute what s that on the end of your arm Why it s a hand And it turns out you need little more than your own two hands and a few ingredients to help yourself to healthy foods and help the world while you re at it Because from the tip of your nose to the tip of an iceberg the food we eat affects our bodies our environment and even strangers on the other side of the planet It s amazing but true

Quick-Fix Vegan Robin Robertson,2011-10-04 The acclaimed author of Quick Fix Vegetarian shares 150 easy and delicious vegan recipes plus helpful tips for your vegan kitchen and pantry Robin Robertson s Quick Fix Vegan features everything from starters snacks salads sauces and sandwiches to stovetop suppers pastas soups and desserts that can all be prepared in 30 minutes or less It also includes Make Ahead Bakes convenient recipes that are assembled ahead of time in less than 30 minutes and then baked before serving Quick Fix Vegan draws upon a myriad of ethnic influences such as French Mexican Cajun Middle Eastern and more Recipes include Spicy Black Bean Hummus with Orange Korean Hotpot Rotini with Creamy Avocado Herb Sauce Moroccan Spiced Pumpkin Soup BBQ Pinto Portobello Sandwiches Burmese Ginger Salad Autumn Harvest Gratin and Catalan Style Creme Brulee Robertson also shares secrets on maintaining a quick fix vegan kitchen including pantry suggestions and kitchen tips as well as basic recipes for ingredients such as homemade vegetable stock and seitan

Practically Raw Amber Shea Crawley,2014-11-18 Her recipes are inventive balancing both raw and cooked foods with an emphasis on health but never sacrificing taste deliciously divine Christy Morgan The Blissful Fit Chef Practically Raw s revolutionary practicality and flexible approach let you enjoy Chef Amber s delicious vegan dishes your own way according to your budget and taste every day or every once in a while and as raw or cooked as you like Certified raw chef Amber Shea has designed these recipes to be made with ordinary equipment and ingredients and with the flexibility of many substitutions cooking options and variations Ideal for beginners as well as seasoned raw foodists Practically Raw has something for everybody whether you want to improve your health and longevity cope with food sensitivities or simply eat fresher cleaner and better Chef Amber s creative satisfying recipes include Almond Butter Sesame Noodles Vegetable Korma Masala Fiesta Taco Roll Ups Primavera Pesto Pizza Maple Pecan Kale Chips Cherry Mash Smoothies Parisian Street Crepes Warm Apple Walnut Cobbler This beautiful new full color edition previously published by Vegan Heritage Press includes a pantry guide menus money saving and make ahead tips and nutrition information Beautiful and immensely helpful The perfect cookbook for omnivores leaning toward veganism as well as vegans leaning toward raw foods Vegan com Amber s easy to follow recipes make this healthful cuisine easy joyfully approachable and a veritable feast for the palate Whether you re a raw food neophyte or have been enjoying this healthy lifestyle for years Amber s fresh perspective is nothing less than rawsome Her Cocoa Corruption Smoothie is addictive Dynise Balcavage author of The Urban Vegan

Stir My Soul Roxie Kelley,2014-06-17 A beautifully illustrated collection of 100 easy to prepare recipes laced with thoughtful reflections on

cooking and life Have you ever noticed how the words that describe the cooking process also resonate in a more meaningful way to describe the very act of living Stirring blending mixing and measuring are terms that apply to how we live as well as how we cook Bestselling cookbook author Roxie Kelley takes this correlation to heart and pairs her observations on life in and outside the kitchen with Kathleen Taylor s distinctive bright whimsical folk artwork inside Stir My Soul From a Rustic Vegetable Breakfast Bake and Chunky Chicken Salad Sandwiches to Sweet and Sour Pork Chops White Cheddar Potato Pancakes and Roxie s Favorite One Bowl Chocolate Chip Cookies Stir My Soul presents more than 100 recipes alongside definitions of cooking terms and how those words translate to life experiences As Roxie explains The words that describe actions required in cooking are the same ones that make up daily life my family and friends are part of my fold I measure my words when speaking to my children all these life activities like good recipes lead to a satisfying result just like a completed dish or favorite dessert Consider Stir My Soul a coming to terms with terms if you will a collection of recipes certain to nourish your body and stir your soul

Preventing Autism Jay Gordon, M.D.,2013-03-01 A groundbreaking approach to preventing autism from a renowned pediatrician Something is happening to our children and Dr Jay Gordon is determined to stop it According to the Centers for Disease Control and Prevention one in eighty eight children in the United States is being diagnosed with developmental disorders on the autism spectrum ASD The accelerating ASD epidemic parallels industry s increased use of untested chemicals in manufacturing and our food supply Preventing Autism identifies the toxic environmental triggers that can cause autism in susceptible children Dr Gordon presents a practical plan for safeguarding the neurological development of your children from pre pregnancy preparation through your baby s first twenty four months When you are pregnant everything you experience the air you breathe what you eat and drink the chemicals to which you are exposed your emotions is shared with your baby Your child s health depends on creating an optimal environment for growth before and after birth Preventing Autism presents a comprehensive program that covers The latest research on the causes of ASD and the relationship between genetic factors and toxins that trigger developmental delays How to reduce toxic exposure from your food home clothing and cleaning and personal care products The male biological clock Recent research shows that mutations in older sperm contribute significantly to the incidence of autism The book includes advice on keeping sperm healthy Planning a nursery that is a healthy nest Dietary guidance for moms to be babies and nursing mothers Dr Gordon s sensible approach to decisions about vaccinations Preventing Autism offers a plan for eliminating harmful chemicals from your everyday life that can disrupt the development of your baby Dr Gordon believes we can combat autism one family at a time

Quick Dinners alyce alexandra,2015-12 Meals made in the Thermomix in 30 minutes or less [Fix-it-fast](#)

[Vegetarian Cookbook](#) Heather Houck Reseck,2002 At head of title Hundreds of easy to make recipes *Quick-Fix*

Vegetarian Robin Robertson,2007-03-01 Winner of PETA s Best New Cookbook Award Anyone who likes nutritious and flavorful meals with minimum fuss should invest in Quick Fix Vegetarian VegNews The American Heart Association has told

us Many studies have shown that vegetarians seem to have a lower risk of obesity coronary heart disease which causes heart attack high blood pressure diabetes mellitus and some forms of cancer Now even the busiest cooks can benefit from the power of plant food with the added bonus of living a more climate friendly and cruelty free lifestyle Robin Robertson provides thirty minutes or less recipes such as Spinach and Sun Dried Tomato Quesadillas Chipotle Kissed Black Bean Soup Mediterranean Orzo Salad Beat the Clock Lasagna Five Minute Slow Cooker Chili and No Bake Oatmeal Almond Cookies and shows how to use many commercial vegetarian products She also offers recipe variations and tips for speedy stress free entertaining without sacrificing flavor making it easier than ever to eat healthy *Vegetarian Times* ,1990-03 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Vegetarian Times** ,1990-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both **Hearty Vegan Thermo Cooked** ellen victoria,alyce alexandra,2017-07-27 15 easy and delicious vegan recipes cooked in your Thermomix or thermo cooker all with stunning photography Specially formatted fixed layout ebook designed specifically for iPad Easy to navigate following the look and feel of a printed cookbook No matter what the occasion craving theme or eating preference we ve got the vegan thermo cooker recipe for you whether you are vegan vegetarian looking to reduce the number of animal products in your diet or simply wanting to eat more veggies We have included recipes and variations to cater to nut free gluten free sugar free and soy free diets as well as including many signature quick fix recipes cooked and on the table in under 30 minutes to make life just that little bit easier There are hearty classics such as our Shepherd s Pie and Creamy Carbonara as well as new and creative gems such as our Black Bean Brownies and Cinnamon Donuts Within the fifteen recipes there is a large variety of dishes mimicking the realities of life and how we cook in our kitchens Breakfast lunch dinner desserts and snacks are all covered **The Easy College Cookbook** Candace Braun Davison,2025-06-17 Simple recipes for 75 tasty affordable meals you can make in your dorm room Going away to school doesn t mean you can t have delicious home cooking The Easy College Cookbook shows you how to make incredible meals wherever you live with clever recipes that use typical dorm appliances easy to find ingredients and just a few basic tools This quick and easy college cookbook will help you cook on campus whether you have a tight budget limited space or can t always get to a grocery store Creative tips and tricks help make any dorm room the perfect place for a hearty exam day breakfast a laid back dinner with friends and everything in between This easy cookbook includes Hacks for college students Get practical

pointers for saving money on supplies and preparing your dorm room kitchen for cooking success Easy recipes for college students Find a wide variety of dishes like Microwave Bacon and Eggs Guacamole for Two and Pizza Grilled Cheese that you can make without any fancy gear Room for dietary adjustments Discover substitution tips for making the recipes friendly to almost any dietary restriction Simplify your school day meals with the quick and budget friendly recipes in The Easy College Cookbook

The 30-Minute Vegan: Soup's On! Mark Reinfeld, 2025-05-01 In this definitive guide to vegan soups award winning chef Mark Reinfeld gives you all the tools and tips to create easy flavorful meals within thirty minutes or less Prepare to feast upon a wide array of plant based soups from consommés to stews chowders to raw and dessert soups From a selection of stocks to irresistible toppings and accompaniments these inspired recipes cover a broad spectrum of international cuisine Soup's On contains an inspiring foreword by Dr Neal Barnard and is divided into six sections Part One The Art of Soup Creation with recipes for stocks such as Roasted Vegetable Stock Mushroom Stock and Dashi Part Two Vegetable based Soups including favorites such as French Onion Soup Thai Coconut Soup with Lemongrass Mayan Tomato and Corn and African Peanut Part Three Soups and Stews with Grains Legumes and Pasta with classics like Wonton Soup Matzo Ball Soup Himalayan Dahl and Brazilian Black Bean with Baked Plantains Part Four Creamy Blended Soups with crowd pleasers like New England Chowder Roasted Squash with Coconut Creamy Fire Roasted Tomato and Dill and Cheesy Cauliflower Soup Part Five Raw and Dessert Soups including cutting edge recipes for Spicy Strawberry Soup Golden Gazpacho with Saffron Raw Corn Chowder and Raw Chocolate Mint Soup with Raspberries Part Six Garnishes and Sides with recipes for Candied Pepitas Vegan Creme Fraiche Herbed Croutons and Corn Bread Soup's On proves that you don't need meat or dairy or a lot of time to have a hearty satisfying meal in a bowl

Vegetarian Times, 2003-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh stylish mainstream package that's inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT's goal To embrace both

ONE-PAN VEGAN RECIPES Deborah Hoglund, 2025-06-29 Think cooking vegan is complicated Think again If you've ever stood in your kitchen staring at a pile of dishes after dinner wondering if going plant based is worth the mess this book is your answer One Pan Vegan Recipes is here to prove that you can have it all bold flavors fast meals and barely any cleanup Created by Deborah Hoglund nutritionist seasoned author and a dietitian this cookbook is your ultimate shortcut to stress free flavor packed plant based cooking With just one pot or pan you'll whip up drool worthy dishes that'll make you wonder why you ever thought vegan food was boring or time consuming Inside you'll find a rainbow of easy to make meals like Mini Pizza Cups you can pop in the oven and devour in minutes One Pot Mac and Cheese that's creamy dreamy and unbelievably simple Sesame Thai Chili Cauliflower Bites with a kick of heat and crunch Sheet Pan Pancakes so good they'll make weekend brunch your new favorite tradition Reuben Burgers and Buttered Pan Biscuits that taste like

comfort on a plate And Much More Whether you re vegan vegetarian flexitarian or just trying to eat a few more meatless meals this book is packed with recipes that are approachable affordable and most importantly epic From quick breakfasts to satisfying dinners sweet treats to savory snacks Dustin shows you how to stack flavors play with textures and build mouthwatering meals without breaking a sweat or your grocery budget So grab a pan toss in your ingredients and get ready to fall in love with cooking all over again the easy way **Vegetarian Meals in 30 Minutes** Anita Bean,2019-12-26 The ultimate guide to vegetarian cooking from the bestselling author of The Vegetarian Athlete s Cookbook Grounded in scientific evidence Vegetarian Meals in 30 Minutes is part nutrition guide and part cookbook with over 100 recipes to show you how to eat well and improve your performance through simple and delicious vegetarian cooking Bestselling author Anita Bean demystifies sports nutrition debunks the myths surrounding a vegetarian diet and covers popular topics such as what to eat before and after exercise how much protein you need and which supplements actually work With stunning food photography throughout Vegetarian Meals in 30 Minutes will help you gain the confidence to create quick tasty and nourishing meals that will support your training goals **Subject Guide to Books in Print** ,1991

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