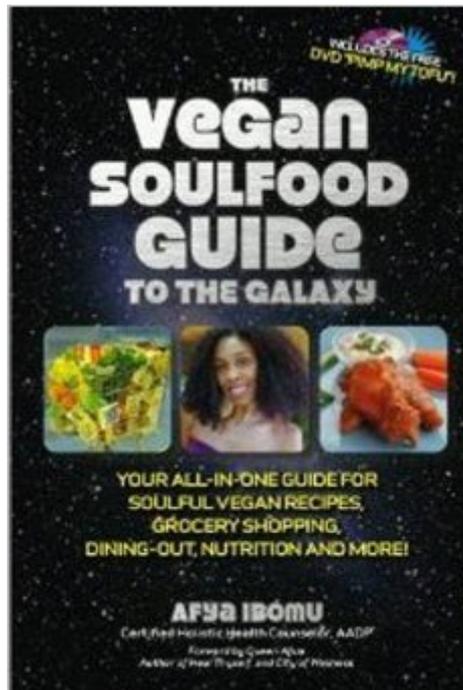


The book was found

The Vegan Soulfood Guide To The Galaxy



Synopsis

The Vegan Soulfood Guide To the Galaxy is much more than a cookbook. It's a fun, fact filled guide to the vegetarian world of grocery shopping, understanding nutrition, meal planning, dining out as a vegan and more! No more bland vegetarian taste; now you have in your hands a complete resource for cooking mouthwatering, inexpensive soulfood recipes made with out white sugar, white flour, white rice, animal or dairy products that satisfy vegans and carnivores alike. Make delicious and nutritious versions of these classic recipes: Sweet Potato Pie- Potato Salad- Tofu Buffalo "Wings"- Corn Bread- Chocolate Chip Cookies- Collard Greens- Candied Yams And More! Also Included: Pimp My Tofu DVD A Free Instructional Cooking DVD with theme song featuring Sticman of Dead Prez

Book Information

Perfect Paperback: 182 pages

Publisher: Natrall Unlimited, LLC; 2 Pap/DVD edition (February 24, 2010)

Language: English

ISBN-10: 097700922X

ISBN-13: 978-0977009220

Product Dimensions: 8.9 x 6.1 x 0.3 inches

Shipping Weight: 6.4 ounces

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #817,828 in Books (See Top 100 in Books) #94 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food](#) #109 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#) #1284 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

Customer Reviews

I recently purchased this book after learning about it from her husband a noted musician on a radio program he hosts where he had her on. I will say from the outset, I love the book title!!! Ok, so I bought this and several other vegan books to add to my library. Having been pesco-tarian for 11 years I am familiar with ALL of what she talked about and also having grown up going to/eating at Soul Vegetarian Restaurants in Atlanta, DC, and Chicago her recipes are reminiscent of those meals. Given that, I appreciate her book even more because of the simplicity she provides. It's one thing to have a book of interesting/exciting recipes devoid of colored pictures, nutritional facts, etc and assume "they will come." This author created an ideal package comprised of very useful how

to's of vegan life, COLORFUL food pictures, and easy recipes that include easily obtainable ingredients. I like too that she explains if something is soyfree or wheat gluten free or how it could be through the inclusion or exclusion of often one particular item. Honestly, the pictures are what got me as well as the pages to find the very recipe I was looking for! So simple...its divine! What I also appreciate is that she does NOT include sugar in her recipes. Instead you will see agave, maple syrup, or sucanat listed. I can't tell you how many times vegan books use sugar; that is so absurd to me knowing the damaging effects it has on the body whether brown or sugar cane. I do agree that many of the recipes are a slight bit carb focused, but if a cook is being conscious with the intake of foods any of these can easily be supplemented with one if not several other plant based items within one's meal. My only con is that I wish there were more recipes but that could be getting recipe greedy.

[Download to continue reading...](#)

Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ... cooker,vegan protein powder,vegan protein) The Vegan Soulfood Guide to the Galaxy Vegan Thanksgiving Dinner: 25 Full Of Taste Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat Vegan ... low fat high carb recipes) (Volume 2) Galaxy S7: The Ultimate User Guide - Learn How To Master Galaxy S7 And Galaxy S7 Edge, Plus Advanced Tips And Secrets! (S7 Edge, Android, Smartphone) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) Star Wars Galaxy of Heroes Guide Book:Star Wars Galaxy of Heroes Guide (Star Wars Guide Book) (Volume 1) Galaxy S7: Beginners Guide - How To Start Using Your Galaxy S7, Plus Helpful Tips & Tricks And Hidden Features! (S7 Edge, Android, Smartphone) Samsung Galaxy S5: The Unofficial Galaxy S5 User Guide Galaxy S7: The Ultimate Beginners Guide - Learn Everything You Need To Know About Galaxy S7, Plus Helpful Tips & Tricks! (S7 Edge, Android, Smartphone) Guardians of the Galaxy (Marvel: Guardians of the Galaxy) (Little Golden Book) Samsung Galaxy S4 Owner's Manual:: Your quick reference to all Galaxy S IV features, including photography, voicemail, Email, and a universe of free Android apps Vegan Indian Cooking: 140 Simple and Healthy Vegan Recipes But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over_Picky kids will try it, hungry adults won't miss meat, and holiday traditions can live on! (But I Could Never Go Vegan!) Rawsome Vegan Baking: An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker The Vegan

Slow Cooker: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare
Everyone (Vegan or Not!) Will Devour PETA'S Vegan College Cookbook: 275 Easy, Cheap, and
Delicious Recipes to Keep You Vegan at School Galaxy S7: The Complete User Guide And Manual
- Learn Everything You Need To Know About Best Smartphone Ever! (S7 Edge, Android,
Smartphone) The Hitchhiker's Guide to the Galaxy

[Dmca](#)