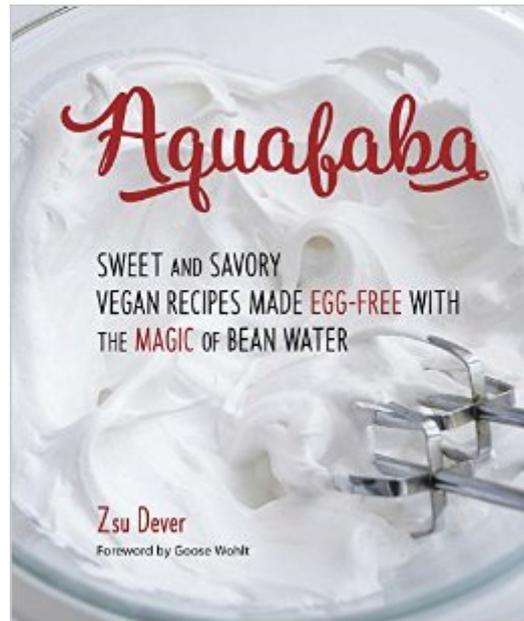


The book was found

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



Synopsis

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.

Book Information

Paperback: 192 pages

Publisher: Vegan Heritage Press, LLC (October 4, 2016)

Language: English

ISBN-10: 1941252273

ISBN-13: 978-1941252277

Product Dimensions: 7.5 x 0.5 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Best Sellers Rank: #18,261 in Books (See Top 100 in Books) #56 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#) #57 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

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

Aquafaba: Sweet and Savory Vegan Recipes Made Egg-Free with the Magic of Bean Water Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans, slow cooker, recipes (vegan cookbook, vegan diet, vegan recipes, vegan ice cream, vegan ... cooker, vegan protein powder, vegan protein) *Magic Cards: Magic the Gathering - 33 Killer Tips from a Magic Master!*

(Magic Cards, Magic the Gathering, Magic Decks, Magic the Gathering Tips, Magic Card Tips, How to Play Magic, Magic) Bean By Bean: A Cookbook: More than 175 Recipes for Fresh Beans, Dried Beans, Cool Beans, Hot Beans, Savory Beans, Even Sweet Beans! 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) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Gluten-Free and Vegan Pie: More than 50 Sweet & Savory Pies to Make at Home Wheat Belly Diet For Beginners: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet) (Volume 1) Theo Chocolate: Recipes & Sweet Secrets from Seattle's Favorite Chocolate Maker Featuring 75 Recipes Both Sweet & Savory Rawsome Vegan Baking: An Un-cookbook for Raw, Gluten-Free, Vegan, Beautiful and Sinfully Sweet Cookies, Cakes, Bars & Cupcakes Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Sweet Mornings: 125 Sweet and Savory Breakfast and Brunch Recipes Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) The Savory Pie & Quiche Cookbook: The 50 Most Delicious Savory Pie & Quiche Recipes The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes The Vegan Slow Cooker: Simply Set It and Go with 150 Recipes for Intensely Flavorful, Fuss-Free Fare Everyone (Vegan or Not!) Will Devour The Magic of Mini Pies: Sweet and Savory Miniature Pies and Tarts Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF

[Dmca](#)