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Laura Theodore's Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet

Laura Theodore

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In this comprehensive cookbook, Laura Theodore, the award-winning host of public television's *Jazzy Vegetarian*, brings us full menu plans, shopping lists, and over 130 delicious, quick-and-easy vegan recipes, each complete with nutritional analysis. Enhanced by over 200 full-color photographs, each recipe is ranked with an *Ease-Factor* to make it easy to choose dishes that fit into any busy schedule. *Laura Theodore's Vegan-Ease* includes all you need to know to embrace cost-saving, healthy, and delicious plant-based meals for you and your family.

Laura Theodore's Vegan-Ease features scrumptious, vegan recipes that can be prepared using ingredients found at any supermarket, like *Hungry Guy Burgers* with *Baked Steak Fries, Not-So-Crabby Cakes, Mac n Peas with Creamy Butternut Squash Sauce, Peanut Butter-Chocolate Mousse* and *Lemon Buttermilk Cake*.

Laura created this ultimate cookbook and guide to show how anyone can easily and economically create delectable, vegan, plant-based meals to be enjoyed by any foodie, whether omnivore, vegetarian, or vegan, offering every cook an easy, fresh approach to compassionate, mindful, and healthy eating.

HIGHLIGHTS OF LAURA THEODORE'S VEGAN-EASE:

* Large full-color photographs of recipes

* Comprehensive nutritional information for each recipe, compiled by registered dietitian, Mitali Shah-Bixby, MS, RD, CSSD, LDN

* Expert nutritional guidance for vegans from Julieanna Hever, MS, RD, CPT

* *Ease-Factor* ranking for each recipe helps you plan your meals to fit your schedule

* Colorful, well laid-out presentation and comprehensive index

* Many recipes with five ingredients or less

* Full chapter devoted to stress-free holiday recipes

* Twelve full menu plans for any occasion, featuring recipes from the book

* Basic shopping lists to help cut costs at the grocery store

* Helpful cooking and lifestyle tips throughout the book

* Recipes range from lighter fare to hearty and satisfying

* Two chapters devoted to healthy, easy-to-prepare desserts and sweet treats

* Foreword by Mainstreet Vegan author, Victoria Moran

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Michael Parker:

Information is provisions for folks to get better life, information these days can get by anyone in everywhere. The information can be a understanding or any news even restricted. What people must be consider whenever those information which is in the former life are challenging to be find than now is taking seriously which one is acceptable to believe or which one the actual resource are convinced. If you get the unstable resource then you get it as your main information we will see huge disadvantage for you. All of those possibilities will not happen inside you if you take Laura Theodore's Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet as the daily resource information.

Jodi Harper:

Often the book Laura Theodore's Vegan-Ease: An Easy Guide to Enjoying a Plant-Based Diet has a lot details on it. So when you make sure to read this book you can get a lot of benefit. The book was written by the very famous author. The author makes some research just before write this book. That book very easy to read you can obtain the point easily after scanning this book.

Rose Watkins:

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