

This Cheese Is Nuts Delicious Vegan Cheese At Home

Eventually, you will totally discover a further experience and triumph by spending more cash. nevertheless when? do you acknowledge that you require to acquire those every needs subsequently having significantly cash? Why dont you try to get something basic in the beginning? Thats something that will lead you to comprehend even more approximately the globe, experience, some places, gone history, amusement, and a lot more?

It is your totally own mature to feat reviewing habit. in the midst of guides you could enjoy now is **This Cheese Is Nuts Delicious Vegan Cheese At Home** below.

The Plantpower Way: Italia - Rich Roll 2018-04-24

A plant-fueled lifestyle guide to la bella vita, complete with 125 vegan Italian recipes the whole family will love, from the authors of The Plantpower Way. Julie Piatt and Rich Roll have inspired countless people to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, thousands of people are now living healthier and more vibrant lives. Now, with their new cookbook, they're doing it again but with added Italian flair. If you think a healthy vegan lifestyle means giving up your favorite creamy pastas and cheesy pizzas, then think again. In The Plantpower Way: Italia, they pay homage to Italy's rich food history with an inspiring collection of 125 entirely plant-based recipes for the country's most popular and time-honored dishes. Julie is known for her creativity and resourcefulness in the kitchen, and her recipes will show just how rich and luscious Italian cuisine can be, without a drop of dairy in sight! Filled with fresh vegan takes on Italian staples, inventive new recipes, and stunning photographs of the Italian countryside, The Plantpower Way: Italia is a celebration of Italy's most delicious flavors and will show everyone a fresh, beautiful, and healthful side to Italian cooking.

The Ultimate Uncheese Cookbook - Jo Stepaniak 2003-12-01

This is the perfect cookbook for those who need or want to eliminate dairy products but still enjoy their favorite dishes. This tenth anniversary edition offers completely new versions of the acclaimed, original recipes plus many new ones. You'll discover a whole new world of flavorful, cheesy-tasting dishes without the cholesterol and dairy allergies that can be harmful to your health. Whether for family dining or elegant entertaining, you'll find recipes that will suit the occasion. Renown nutritionist and dietitian, Vesanto Melina, brings you up-to-date on the latest research about dairy and your health. Tables and charts show calcium, protein, and other nutrients in a variety of plant foods to help you safely replace dairy in your diet. And this new edition contains designations for each recipe to indicate whether it is gluten, soy, nut, yeast, and/or corn free for people who are sensitive to a wide range of food allergens.

Artisan Vegan Cheese - Miyoko Schinner 2013-03-14

Gourmet restaurateur and vegan food expert Miyoko Schinner shares her secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavors out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm. For readers who want to whip up something quick, Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, creme fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favorite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant parmesan and her own San Francisco cheesecake.

The Non-Dairy Evolution Cookbook - Skye Michael Conroy 2014-05-17

"Detailed step-by-step instructions are provided for creating non-dairy butter, milks and creams using a variety of plant-based ingredient options"--

The Vegan 8 - Brandi Doming 2018-10-16

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.

One-Hour Cheese - Claudia Lucero 2014-05-06

It's a DIY cook's dream come true: It's pizza night, and you've made not only the crust and sauce but the mozzarella, too. Or you're whipping up quesadillas for a snack, using your homemade Triple Pepper Hack. Or the dinner party's in high gear and out comes the cheese plate—and yes, you've made all the cheeses on it. Even better—you made them all earlier that day. In a cookbook whose results seem like magic but whose recipes and instructions are specific, easy-to-follow, and foolproof, Claudia Lucero shows step by step—with every step photographed—exactly how to make sixteen fresh cheeses at home, using easily available ingredients and tools, in an hour or less. The approach is basic and based on thousands of years of cheesemaking wisdom: Heat milk, add coagulant, drain, salt, and press. Simple variations produce delicious results across three categories—Creamy and Spreadable, Firm and Chewy, and Melty and Goopy. And just as delicious, the author shows the best ways to serve them, recipes included: Squeaky "Pasta" Primavera, Mozzarella Kebab Party, and Curry in a Hurry Lettuce Wraps.

The PlantPure Kitchen - Kim Campbell 2017-01-24

Is Your Kitchen a PlantPure Kitchen? The grassroots plant-based nutrition movement inspired by the film PlantPure Nation has helped foster a growing community of whole food, plant-based eaters. Key to its success has been the PlantPure Director of Culinary Education Kim Campbell's inspiring and delicious recipes. In 2015, her cookbook, The PlantPure Nation Cookbook, helped change the way people view the food they put in their bodies. Now, Campbell is back with even more inventive recipes bursting with flavor in The PlantPure Kitchen. Campbell builds on favorites from her last cookbook, turning recipes like the Creamy African Stew into tasty African Wraps, and shares tons of new recipes that will turn any plant-based eater into a chef with ease. With compassion for the challenges of following a plant-pure diet, Campbell lends advice about the best natural sweeteners, the most useful kitchen tools for plant-based cooking, vegan-friendly substitutions for making recipes gluten-free, and a whole lot more. Whether you are new to the lifestyle or looking to expand your own recipe repertoire, The PlantPure Kitchen makes committing to your health through eating plant-based exciting, accessible, and easy! From dips and spreads, like Crockpot Apple Butter, to classic dinners, like Welsh Rarebit, The PlantPure Kitchen's recipes will inspire you to lead a more plant-pure life. Recipes include: Strawberry Rhubarb Streusel Muffins Asian Noodle Salad Southwestern Chili Mac Potato-Crusted Mushroom Quiche Welsh Rarebit Slow Cooker Jackfruit Tacos Hot Fudge Sundae Cake Featuring a foreword by T. Colin Campbell, coauthor of the groundbreaking national bestseller The China Study, this book will become a kitchen staple for PlantPure veterans and newcomers alike.

The Uncheese Cookbook - Joanne Stepaniak 1994-01-01

Create nondairy substitutes for many of your favorite cheeses right in your own kitchen--Liptaurer, brie, havarti, Gruyere, colby, and more!

Vegan Dairy - Emelie Holm 2019-07-30

From fresh plant-based milk, to artisanal vegan cheese, from silky yogurts, and creams, to delicious nutty spreads and dips, join the new food revolution, and learn how to make delicious, dairy-free products at home with this fabulous, vegan cookbook. Regardless whether you are vegan, lactose-intolerant, or just want to eat healthier for the sake of your own body, or the environment, this book will help to reinvigorate your cooking. Using only plant, seed, grain, or fruit-based ingredients,

Vegan Dairy will enable you to take full control of your nutrition and diet, and help you to avoid unnecessary additives. Many of the recipes are very easy to make, and the ingredients can be sourced in your local supermarket. In addition to the countless health benefits to making your own vegan staples, you can create batch quantities, and save money. With recipes like pistachio and spirulina milk, macadamia ricotta, coconut kefir drink, and vanilla and pecan butter, diversify your cooking with these vegan delights.

Damn Delicious - Rhee, Chungah 2016-09-06

The debut cookbook by the creator of the wildly popular blog Damn Delicious proves that quick and easy doesn't have to mean boring. Blogger Chungah Rhee has attracted millions of devoted fans with recipes that are undeniable 'keepers'-each one so simple, so easy, and so flavor-packed, that you reach for them busy night after busy night. In *Damn Delicious*, she shares exclusive new recipes as well as her most beloved dishes, all designed to bring fun and excitement into everyday cooking. From five-ingredient Mini Deep Dish Pizzas to no-fuss Sheet Pan Steak & Veggies and 20-minute Spaghetti Carbonara, the recipes will help even the most inexperienced cooks spend less time in the kitchen and more time around the table. Packed with quickie breakfasts, 30-minute skillet sprints, and speedy takeout copycats, this cookbook is guaranteed to inspire readers to whip up fast, healthy, homemade meals that are truly 'damn delicious!'

The Art of Plant-Based Cheesemaking - Karen McAthy 2017-04-07

Make your own real, non-dairy cheese at home — traditional methods for making plant-based cheese As plant-based, dairy-free diets continue to expand in popularity for health and ethical reasons, cheese often becomes the "last hurdle." Much of what passes for non-dairy "cheese" lacks the quality and depth of authentic, cultured cheese. Yet for aspiring DIY plant-based cheesemakers, much of the knowledge of this new craft is scattered in isolated kitchens, and there's no real reliable guidance to what works, what doesn't, and why, when making real, cultured plant-based cheese. This book aims to change all that and bring this new craft into the kitchens of the world. Written by a pioneering plant-based cheesemaker who draws deep from the well of experience, *The Art of Plant-based Cheesemaking* is a clear, highly practical guide that extends traditional cheesemaking methods into the realm of plant-based media as a substitute for dairy. Coverage includes: Understanding culturing and fermentation Essential ingredients and equipment for crafting plant-based cheese Plant and nut-based media and how to make them How to create and train plant-based cultures Delicious recipes for quick cheeses Advanced recipes for cultured and aged cheeses Resources for sourcing equipment and cultures. Packed with step-by-step recipes, straightforward processes, and encouraging experimentation, this book makes plant-based cheesemaking accessible for beginners and serious foodies alike. Simply everything you need to make delicious non-dairy cheese right at home. Karen McAthy is Executive Chef of Zend Conscious Lounge and Chef and Founder of Blue Heron Creamery in Vancouver, BC, which creates and supplies authentic cultured plant-based cheeses to restaurants, retail outlets, and private customers.

Go Dairy Free - Alisa Fleming 2018-06-12

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
Vegans Go Nuts - Celine Steen 2016-07

This book is the ultimate guide to all vegan nut recipes! *Vegans Go Nuts* celebrates 100 nutty recipes for breakfast, lunch, dinner, and snacks.

The Cheesy Vegan - John Schlimm 2013-10-01

Offers dairy-free recipes for such dishes as mac-and-cheese and cheesecake, as well as base recipes for making plant-based cheeses.

The Food Revolution - John Robbins 2010-09-15

The Saving Power of the Plant-Based Diet A revolution in food-politics. When John Robbins released an early version of this book in 1987, he took the first steps in launching the food revolution. His viewpoint and insight on the harms of America's eating habits was a wake-up call for many. By bringing to our attention fundamental issues in our eating habits, such as our dependence on animal products, Robbins provokes our awareness and promotes change. Making conscious food choices. It is obvious to us that what we eat affects our own bodies, but what we may not realize is that what we eat also affects our world. In fact, most of the foods that are bad for us (think: genetically modified products) also negatively impact our environment. By approaching our eating habits with intentionality, we benefit our own health and that of the world we live in. The value of a plant-based diet. Robbins' arguments for a plant-based diet are compelling and backed by over 20 years of work focused on the subject of conscious eating. Through exposing the dangers in our factory farming system, Robbins makes a definitive case for solely plant-based eating. This timely read on healthy eating will enlighten those curious about plant-based diets and fortify the mindsets of the already converted. Read John Robbins' book, *The Food Revolution: How Your Diet Can Help Save Your Life and Our World*, and discover... • The negative effects your current eating habits could be having on you • A powerful case for plant-based eating • Wisdom from one of the most frequently cited books of the food-politics revolution If books such as *We are the Weather*, *How Not to Die*, *31-Day Food Revolution*, or *Fast Food Genocide* have interested you, then *The Food Revolution* is the next book for you!

Chocolate-Covered Katie - Katie Higgins 2015-01-06

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!

Clean Cuisine - Ivy Larson 2013-02-05

What you eat matters more than how much you eat. Discover why in this revolutionary nutrition guide to clean eating, exercise, and an anti-inflammatory diet that can enhance your wellness and quality of life. There is a diet and exercise plan that covers all the bases—food we should eat and food that tastes good; what is best for our bodies and what is easily doable in the real world—all while offering hunger-free weight loss. Developed by Andrew Larson, M.D. and certified Health Fitness Specialist Ivy Larson, *Clean Cuisine* is scientifically proven to reverse diabetes, improve cholesterol and blood pressure, and ease the symptoms of other inflammatory diseases such as multiple sclerosis, fibromyalgia, asthma, allergies, and arthritis. Broken down into eight easy steps and spread over the course of eight weeks, *Clean Cuisine* will enable readers to transform their bodies one delicious meal at a time by adopting an anti-inflammatory diet and choosing unrefined foods in their most natural, whole state. With guilt-free, delicious recipes and a workout program that has been proven to deliver substantial results with just three 30-minute sessions a week, *Clean Cuisine* is the long-term answer to eating for optimal health, disease prevention, weight loss, vitality, longevity, and good taste.

The Art of Plant-Based Cheesemaking, Second Edition - Karen McAthy 2021-05-25

Expanded and updated second edition of the *Gourmand World Cookbook*

Awards, 2018, Vegan Category Winner. Learn the craft of making authentic, delicious non-dairy cheese from acknowledged master plant-based cheesemaker Karen McAthy. Comprehensively updated and expanded, the second edition of the "plant-based cheesemaking bible" takes vegan cheesemaking to a new level. Containing over 150 full color photos and enhanced step-by-step instructions, coverage and new information includes: Eight new cheesemaking recipes plus dozens more from beginner to pro New coverage of "mixed method" fast-firming cultured cheeses Going beyond nuts and seeds and using legumes for cheesemaking Dairy-free cultured butter, coconut milk yogurt, oat and cashew milk yogurt, and sour cream Growing plant-based cultures, including rejuvelac, sprouting, fermentation, kefir, and probiotic capsules Lactic acid fermentation and how to use it in cheesemaking Expanded coverage of flavors, aging, rind curing and smoking, and working with white and blue molds New recipe section for cooking with dairy-free cheeses including Coeur a la Creme, Buttermilk Fried Tempeh and more. The Art of Plant-based Cheesemaking, Second Edition is a must-have for aspiring DIY non-dairy cheesemakers, vegans, and serious foodies alike. The texture, the sharpness, the taste; you will be proud to serve up your creations.

Fuss-Free Vegan - Sam Turnbull 2017-10-17

Being vegan doesn't have to mean living off kale and quinoa, or spending your money on fancy and expensive ingredients. And it definitely doesn't have to mean feeling limited for choices of what to eat! What if "vegan food" could mean cheesy nachos and pizza, hearty burritos, gooey spinach and artichoke dip, decadent chocolate cake or even crême brûlée? Well, it can. In *Fuss-Free Vegan*, Sam Turnbull shows you that "vegan" does not equal unappetizing dishes, complicated steps, ingredients you have never heard of, or even food that tastes healthy. Instead, she gives you drool-worthy yet utterly fuss-free recipes that will bring everyone together at the table, vegans and non-vegans alike, in a chorus of rave reviews. This is the cookbook Sam wishes she had when she went vegan: one that recreates and veganizes the dishes she loved most in her pre-vegan days, like fluffy pancakes and crispy bacon, cheesy jalapeño poppers and pizza pockets, creamy Caesar salad and macaroni and cheese, rich chocolate brownies and holiday-worthy pumpkin pie, to name just a few. (And there's no hummus recipe in sight.) Say goodbye to searching endlessly around for that one special ingredient that you can't even pronounce, or cooking dishes that don't deliver on their promise of yumminess; instead, say hello to ingredients you can pick up at your local grocery store, step-by-step techniques, and Sam's enthusiastic voice cheering you on throughout this fun, approachable cookbook. With 101 tried-and-tested, one-of-a-kind vegan recipes for every meal, from breakfasts to lunches to dinners, and even snacks, desserts, appetizers and vegan staples, as well as handy menu plans and tips to amp up the recipes and your vegan life, Sam Turnbull and *Fuss-Free Vegan* are your ultimate guides in the new vegan kitchen.

This Cheese is Nuts! - Julie Piatt 2017-06-13

The essential primer and guide to preparing delicious, totally vegan, nut-based cheeses, from the coauthor of *The Plantpower Way*. In their debut cookbook, *The Plantpower Way*, Julie Piatt and her ultra-endurance athlete husband, Rich Roll, inspired thousands to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, countless people are now enjoying healthier and more vibrant lives. In *This Cheese is Nuts*, Julie is bringing that message to the forefront once more, with a stunning collection of flavorful nut-based cheeses. Julie has always been known for her dairy-free cheeses, and here she shares seventy-five recipes using almonds, cashews, and other nuts to create cheeses anyone can make right at home. Nut-based cheeses are on the cutting edge in the world of vegan cuisine. They're remarkably simple to prepare (all you need are a few simple ingredients and a basic dehydrator), and in as little as twenty minutes, you can have an assortment of tasty fresh cheeses fit for any occasion. Even creating aged cheeses is easy—they require only a day or two in the dehydrator, so making "fancier" cheeses, like Aged Almond Cheddar, is an almost entirely hands-off process. And though they're delectable on their own, Julie's nut-based cheeses are a terrific component in her recipes for Raw Beet Ravioli with Cashew Truffle Cream, Country Veggie Lasagna with Fennel and Brazil Nut Pesto, French Onion Soup with Cashew Camembert, and more. Filled with the essential tips, tools, and mouth-watering recipes home cooks need to immerse themselves in the world of nut-based cheese-making, *This Cheese is Nuts* will demonstrate why nut cheeses should be part of any healthy, sustainable diet.

Artisan Vegan Cheese - Miyoko Schinner 2012

Gourmet restaurateur and vegan food expert Miyoko Schinner shares her

secrets for making homemade nondairy cheeses that retain all the complexity and sharpness of their dairy counterparts while incorporating nutritious nuts and plant-based milks. Miyoko shows how to tease artisan flavours out of unique combinations of ingredients, such as rejuvelac and nondairy yogurt, with minimal effort. The process of culturing and aging the ingredients produces delectable vegan cheeses with a range of consistencies from soft and creamy to firm. For readers who want to whip up something quick, Miyoko provides recipes for almost-instant ricotta and sliceable cheeses, in addition to a variety of tangy dairy substitutes, such as vegan sour cream, crême fraiche, and yogurt. For suggestions on how to incorporate vegan artisan cheeses into favourite recipes, Miyoko offers up delectable appetizers, entrees, and desserts, from caprese salad and classic mac and cheese to eggplant parmesan and her own San Francisco cheesecake.

The Cheese Trap - Neal D Barnard 2017-02-28

New York Times bestselling author Dr. Neal Barnard reveals the shocking truth about cheese—the dangerous addiction that is harming your health—and presents a radical program to lose weight and feel great. We've been told that dairy does a body good, but the truth is that cheese can be dangerous. Loaded with calories, fat, and cholesterol, cheese can make you gain weight and leads to a host of health problems like high blood pressure and arthritis. Worse, it contains mild opiates that make it addictive, triggering the same brain receptors as heroin and morphine. In *The Cheese Trap*, Dr. Neal Barnard presents a comprehensive program to help readers break free of their cheese addiction so they can lose weight, boost energy, and improve their overall health. This easy-to-follow diet features a treasury of healthy recipes that will tame even the toughest cravings—from pizza, to lasagna, to ice cream and cheesecake.

Minimalist Baker's Everyday Cooking - Dana Shultz 2016-04-26

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.

Vegan Mac and Cheese - Robin Robertson 2019-09-17

Who says vegans can't have macaroni and cheese? In this inspiring volume by best-selling vegan author Robin Robertson, you will find more than 50 awesome plant-based recipes for deeply flavorful dishes that take this timeless comfort food in exciting new directions. Like most people, chances are you've eaten a lot of macaroni and cheese in your life. If you're new to a plant-based diet, you might be wondering if you can still enjoy this comforting meal. You'll be happy to know the answer is "Yes!" Robin shows you how to make what she calls Mac Uncheese—rich, delectable pasta dishes featuring vegan cheese sauces that start with plant milks, vegetables, and nuts as their base ingredients. Using these sauces—or, if you prefer, using store-bought vegan cheese—you can make many tempting variants of the cheesy pasta dish, from the familiar and homey, such as Mom's Classic Mac UnCheese, to the globally adventuresome, such as Indian Curry Mac or Salsa Mac and Queso. An entire chapter is devoted to veggie-loaded mac and cheese dishes, like Buffalo Cauliflower Mac, Arugula Pesto Mac UnCheese, or Smoky Mac and Peas with Mushroom Bacon. Another chapter serves up meatless mac and cheeses made meaty with lentils, jackfruit, mushrooms, and more. And, for delicious fun, there are recipes for Mac and Cheese Balls, Mac 'n' Cheese Pizza, Waffled Mac and Cheese, and Cheesy Mac Muffins. In addition to the recipes, *Vegan Mac and Cheese* features lists of toppings, add-ins, and other ways to be creative with these plant-based mac and cheese recipes, which will warm your soul all year long.

Vegan Cheese: Simple, Delicious Plant-Based Recipes - Jules Aron 2017-06-13

Vegan cheeses that taste like the real thing—but healthy—made with nuts, seeds, tofu, or vegetables. Don't be intimidated by the idea of

making cheese?vegan cheese is simple and straightforward, with clean, basic ingredients. Green-lifestyle expert Jules Aron shares the tricks of the trade for making sauces, cheese you can grate or slice, and soft spreadable options, using homemade nut milks, vegetables, and natural helpers like lemon juice, probiotics, agar-agar, and nutritional yeast. Not a nut lover? No problem, Jules Aron has you covered. Don't eat soy? Don't worry, there's something here for everyone. From mild and creamy Bries to sharp and firm Cheddar, you'll fall in love with eating well—and it's easier than you think! "Even the most luxurious-sounding cheeses described here, such as a maple fig double cream or a baked feta, are easy to make at home with the instructions provided." (Publisher's Weekly, starred review) "Jules Aron takes the mystery out of making dairy-free cheese." (PETA)

One-Hour Dairy-Free Cheese - Claudia Lucero 2019-02-05

Finally, anyone embracing a dairy-free lifestyle (including vegan, paleo, or allergen-free) can make and enjoy the savory goodness of cheese—in one hour or less. In ingenious, step-by-step recipes, traditional cheesemaker Claudia Lucero shows how to make 25 delicious plant-based cheeses using your choice of seeds, nuts, and vegetables to achieve rich flavor and creamy texture. There's buttery Golden Swiss made with cauliflower and tahini paste—and a Brie made of cashews (or zucchini and potatoes), with a bit of truffle oil to capture its earthy essence. *One-Hour Dairy-Free Cheese* also shows how to make spreadable cream cheese, grated Parmesan, a smoky Cheddar, and even gooey cheese sauces. PLUS, techniques for making rinds, cheese plate pairings, tips on food allergy substitutions, and a recipe to highlight each dairy-free cheese: Stuffed Shishitos, Cucumber Maki, Creamy Zucchini Noodles, Spicy Beet Salad, and more. It's a whole new way to indulge in the impossible-to-resist pleasure of cheese, no matter what your dietary restrictions are.

Super Easy Vegan Cheese Cookbook - Janice Buckingham 2018-12-04

The *Super Easy Vegan Cheese Cookbook* offers the simplest, no-fail recipes for the taste, texture, and cheesiness you crave. Vegan cheese making has come a long way from hard-to-find ingredients and specialty equipment. In the *Super Easy Vegan Cheese Cookbook*, you'll find the easiest recipes to make rich and creamy homemade vegan cheeses—and rival traditional cheese in any taste test. From Zesty Dijon Cheddar to Roasted Garlic Pistachio Cheese, this vegan cheese cookbook serves up plant-based alternatives to classic cheeses along with new favorites using nuts, coconut, and even cauliflower. Requiring nothing more advanced than a blender and using few, easy-to-find ingredients, the *Super Easy Vegan Cheese Cookbook* has everything you need to bring the craft of cheese making to your kitchen. The *Super Easy Vegan Cheese Cookbook* includes: A fool-proof introduction to vegan cheese making that outlines basic ingredients, kitchen set-up, pantry staples, ingredient prep, best practices, and storage tips. Easy recipes that use staple ingredients and equipment to make homemade vegan cheese affordable and doable. 75 classic and new vegan cheeses for cheese sauces and spreads, soft cheese, semihard pressed cheeses, hard and aged cheeses, and fermented, cultured cheeses. Enjoy your favorite cheeses—and make them too—with the simple, straightforward recipes from the *Super Easy Vegan Cheese Cookbook*.

The Plantpower Way - Rich Roll 2015-04-28

A transformative family lifestyle guide on the power of plant-based eating—with 120 recipes—from world-renowned vegan ultra-distance athlete Rich Roll and his chef wife Julie Piatt. Created by renowned vegan ultra-distance athlete and high-profile wellness advocate Rich Roll and his chef wife Julie Piatt, *The Plantpower Way* shares the joy and vibrant health they and their whole family have experienced living a plant-based lifestyle. Bursting with inspiration, practical guidance, and beautiful four-color photography, *The Plantpower Way* has more than 120 delicious, easy-to-prepare whole food recipes, including hearty breakfasts, lunches, and dinners, plus healthful and delicious smoothies and juices, and decadent desserts. But beyond the plate, at its core, *The Plantpower Way* is a plant-centric lifestyle primer that finally provides the modern family with a highly accessible roadmap to long-term wellness and vibrant body, mind, and spirit health. *The Plantpower Way* is better than a diet: It's a celebration of a delicious, simple, and sustainable lifestyle that will give families across the country a new perspective and path to living their best life.

The Friendly Vegan Cookbook - Michelle Cehn 2020-10-27

The founder of World of Vegan and the author of *Plant-Based on a Budget* have teamed up to create the ultimate kitchen resource for longtime vegans and the veggie-curious alike, with 100 foolproof, flavor-forward recipes. Eating vegan doesn't have to mean a lifetime of bland

veggie burgers and boring salads—nor does it have to make every shared meal a source of stress. As all plant-based cooks know, when it comes time to please a crowd, the pressure is on. You want to serve delicious, memorable dishes, and you're also well-aware that many will be skeptical of vegan food measuring up to their favorites. Enter Michelle Cehn and Toni Okamoto, longtime friends and two of the most trusted figures in the online vegan community. Through their popular food blogs, videos, podcast, and cookbooks, the two have helped millions of people make living vegan easy, fun, and delicious. Michelle and Toni share 100 amazing recipes for satisfying meals, snacks, and treats, designed for both the veggie-curious and longtime vegans looking for a trusted recipe resource. In *The Friendly Vegan Cookbook: 100 Essential Recipes to Share with Vegans and Omnivores Alike*, you'll find rigorously tested, no-fail recipes including favorites such as: • Fettuccine Alfredo • Sushi • Pot Pie • Breakfast Burritos • Pop Tarts • Chocolate Mousse • Cinnamon Rolls • Mac 'n' Cheese • Corn Chowder • Chewy Brownies Michelle and Toni also share their go-to kitchen tips to make meal planning a breeze, helpful shopping lists, and directions for making your own staples—nut milks, dressings, pasta sauces, and breads. *The Friendly Vegan Cookbook* is filled with meals that will become your new favorites and go-to staples for when you have meat-eaters to impress. Because amazing food should be shared.

Vegan Cheese - Jules Aron 2017-06-13

Don't be intimidated by the idea of making cheese--Vegan Cheese is simple and straightforward, with clean, basic ingredients. Green-lifestyle expert Jules Aron shares the tricks of the trade for making sauces, cheese you can grate or slice, and soft spreadable options, using homemade nut milks, vegetables, and natural helpers like lemon juice, probiotics, agar-agar, and nutritional yeast. Not a nut lover? No problem, Jules Aron has you covered. Don't eat soy? Don't worry, there's something here for everyone. From mild and creamy Bries to sharp and firm Cheddar, you'll fall in love with eating well—and it's easier than you think! "Even the most luxurious-sounding cheeses described here, such as a maple fig double cream or a baked feta, are easy to make at home with the instructions provided." (Publisher's Weekly, starred review)

"Jules Aron takes the mystery out of making dairy-free cheese." (PETA) [The Best Homemade Vegan Cheese and Ice Cream Recipes](#) - Marie Laforet 2016-07-28

50 decadent and delicious dairy-free recipes that everyone will want to indulge in.

Vegan Pizza - Julie Hasson 2013-09-03

"Appealing, fun, and doable recipes for the vegan pizzaiolo at home" with a guide to ingredients and equipment included (Diane Morgan, author of *Roots: The Definitive Compendium*). Love a warm, crisp, chewy thin-crust pizza with creamy, melty cheese? Just because you're vegan doesn't mean that you can't bake amazing pizzas right in your own oven. Julie Hasson offers 50 deliciously innovative recipes and simple techniques that will have you making artisan-style, thin-crust vegan pizzas right in your own kitchen. *Vegan Pizza* is filled with 50 modern recipes from easy-to-make pizza dough (including spelt, whole wheat, and gluten-free crusts), creamy dairy-free cheese sauces, vibrant-flavored pestos and spreads, and meatless and wheat-less burger crumbles. Also included are inventive toppings and pizzas that run the gamut from comfort food like Eggplant Parmesan Pizza to fresh vegetable-laden pizzas like Asparagus, Tomato and Pesto Pizza. You'll even find desserts like Babka Pizza and Coconut Caramel Dream Pizza. "Julie Hasson has broken all the rules for pizza and taken it to uncharted territory . . . How about a Korean Bibimbap or Chili Mac pizza? Or one that marries peanut butter with barbecue sauce for a peanut Barbecue pizza? if you want the classics, you'll find those, too. After reading Julie's recipes, who needs pepperoni?" —Miyoko Schinner, cohost of *Vegan Mashup* "[A] compelling and thorough take on vegan artisan pizza. Classic pizzas such as garlic, sausage, and onion pizzas are reimaged and every bit as flavorful and toothsome as their traditional counterparts." —Diane Morgan, author of *Roots: The Definitive Compendium* "Vegans, rejoice . . . With a dazzling array of globally inspired toppings, pizza night will be healthier—and more fun—than ever before!" —Nava Atlas, author of *Wild About Greens*

A Couple Cooks - Pretty Simple Cooking - Sonja Overhiser 2018-02-06 Popular husband-and-wife bloggers and podcasters (acouplecooks.com) offer 100 recipes with an emphasis on whole foods and getting into the kitchen together. The couple's non-diet approach features simple lifestyle changes to make healthy cooking sustainable, rather than a short-term fix. A love story at its finest, Alex and Sonja Overhiser first fell for each other—and then the kitchen. In a matter of months, the writer-

photographer duo went from eating fast and frozen food to regularly cooking vegetarian meals from scratch. Together, the two unraveled a "pretty simple" approach to home cooking that kicks the diet in favor of long-term lifestyle changes. While cooking isn't always easy or quick, it can be pretty simple by finding love in the process. A Couple Cooks | Pretty Simple Cooking is an irresistible combination of spirited writing, nourishing recipes with a Mediterranean flair, and vibrant photography. Dubbed a "vegetarian cookbook for non-vegetarians", it's a beautiful book that's food for thought, at the same time providing real food recipes for eating around the table. The book features: 100 vegetarian recipes, with 75 vegan and 90 gluten-free options A full-color photograph for every recipe Recipes arranged from quickest to more time-consuming 10 life lessons for a sustainably healthy approach to cooking, artfully illustrated with a custom watercolor

This Cheese is Nuts! - Julie Piatt 2017-06-13

The essential primer and guide to preparing delicious, totally vegan, nut-based cheeses, from the coauthor of *The Plantpower Way*. In their debut cookbook, *The Plantpower Way*, Julie Piatt and her ultra-endurance athlete husband, Rich Roll, inspired thousands to embrace a plant-fueled lifestyle, and through their advocacy efforts, podcasts, and talks, countless people are now enjoying healthier and more vibrant lives. In *This Cheese Is Nuts*, Julie is bringing that message to the forefront once more, with a stunning collection of flavorful nut-based cheeses. Julie has always been known for her dairy-free cheeses, and here she shares seventy-five recipes using almonds, cashews, and other nuts to create cheeses anyone can make right at home. Nut-based cheeses are on the cutting edge in the world of vegan cuisine. They're remarkably simple to prepare (all you need are a few simple ingredients and a basic dehydrator), and in as little as twenty minutes, you can have an assortment of tasty fresh cheeses fit for any occasion. Even creating aged cheeses is easy—they require only a day or two in the dehydrator, so making "fancier" cheeses, like Aged Almond Cheddar, is an almost entirely hands-off process. And though they're delectable on their own, Julie's nut-based cheeses are a terrific component in her recipes for Raw Beet Ravioli with Cashew Truffle Cream, Country Veggie Lasagna with Fennel and Brazil Nut Pesto, French Onion Soup with Cashew Camembert, and more. Filled with the essential tips, tools, and mouth-watering recipes home cooks need to immerse themselves in the world of nut-based cheese-making, *This Cheese Is Nuts* will demonstrate why nut cheeses should be part of any healthy, sustainable diet.

One-Hour Dairy-Free Cheese - Claudia Lucero 2019-02-05

From the author of *One-Hour Cheese*, more than 30 dairy-free cheese recipes made from easy-to-find ingredients that deliver maximum flavor and rich, creamy textures.

The Oh She Glows Cookbook - Angela Liddon 2014-03-04

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!

Plant-Based on a Budget - Toni Okamoto 2019-05-14

Eat vegan—for less! Between low-paying jobs, car troubles, student loans, vet bills, and trying to pay down credit card debt, Toni Okamoto spent most of her early adult life living paycheck to paycheck. So when

she became a vegan at age 20, she worried: How would she be able to afford that kind of lifestyle change? Then she discovered how to be plant-based on a budget. Through her popular website, Toni has taught hundreds of thousands of people how to eat a plant-strong diet while saving money in the process. With *Plant-Based on a Budget*, going vegan is not only an attainable goal, but the best choice for your health, the planet—and your wallet. Toni's guidance doesn't just help you save money—it helps you save time, too. Every recipe in this book can be ready in around 30 minutes or less. Through her imaginative and incredibly customizable recipes, Toni empowers readers to make their own substitutions based on the ingredients they have on hand, reducing food waste in the process. Inside discover 100 of Toni's "frugal but delicious" recipes, including: • 5-Ingredient Peanut Butter Bites • Banana Zucchini Pancakes • Sick Day Soup • Lentils and Sweet Potato Bowl • PB Ramen Stir Fry • Tofu Veggie Gravy Bowl • Jackfruit Carnita Tacos • Depression Era Cupcakes • Real Deal Chocolate Chip Cookies With a foreword by Michael Greger, MD, *Plant-Based on a Budget* gives you everything you need to make plant-based eating easy, accessible, and most of all, affordable. Featured in the groundbreaking documentary *What the Health*

The First Mess Cookbook - Laura Wright 2017-03-07

The blogger behind the Saveur 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.

The Homemade Vegan Pantry - Miyoko Schinner 2015-06-16

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.

The Blender Girl - Tess Masters 2014-04-08

The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, *The Blender Girl*—shares easy plant-based recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In *The Blender Girl*, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw

and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice-Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all,

every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether— these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with The Blender Girl—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.