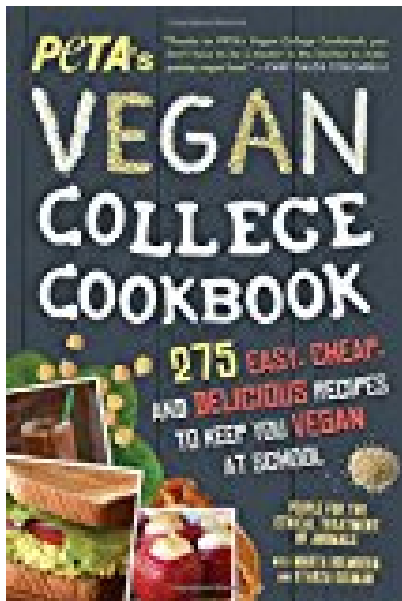


PETAS Vegan College Cookbook 275 Easy Cheap and Delicious Recipes to Keep You Vegan at School



BOOK DETAILS

- Author : PETA
- Pages : 336 Pages
- Publisher : Sourcebooks
- Language : English
- ISBN : 1492635545

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BOOK SYNOPSIS

Who needs the cafeteria? Make your own easy, delicious, animal-free meals! Let PETA turn your dorm room or apartment into the campus destination for amazing vegan food! Inside are the 250 simplest, most scrumptious recipes for college vegans on a budget - and the best part is, the most complicated kitchenware you'll ever need is a microwave. With vegan recipes collected from PETAs nearly 2 million members, we've got all the best insider info: Vegan alternatives to meaty, eggy, and milky stuff How to stock your kitchen/mini-fridge How to make meat-free sandwiches, salads, soups and stews Breakfast, lunch and dinner recipes The best drinks, dips, sauces, and dressings Unbelievable vegan dessert recipes Spotlight sections on the staples we love: peanut butter, potatoes and Ramen Featuring a forward from PETA president Ingrid E. Newkirk, this is the essential college cookbook for every vegetarian or vegan on a budget. PRAISE FOR PETAS VEGAN COLLEGE COOKBOOK: "PETAs Vegan College Cookbook makes me want to go back to school and earn a degree in yum." Hunter Burgan, AFI and Hunter Revenge "I live on a tour bus so if it can't be made in the microwave or eaten right from the refrigerator or pantry, then I don't eat it. PETAs Vegan College Cookbook is perfect for me and my lifestyle." Kellie Pickler, country music star and former American Idol contestant A lifelong vegetarian saves around: 760 chickens 5 cows 20 pigs 29 sheep 46 turkeys 15 ducks 7 rabbits and half a ton of fish.

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