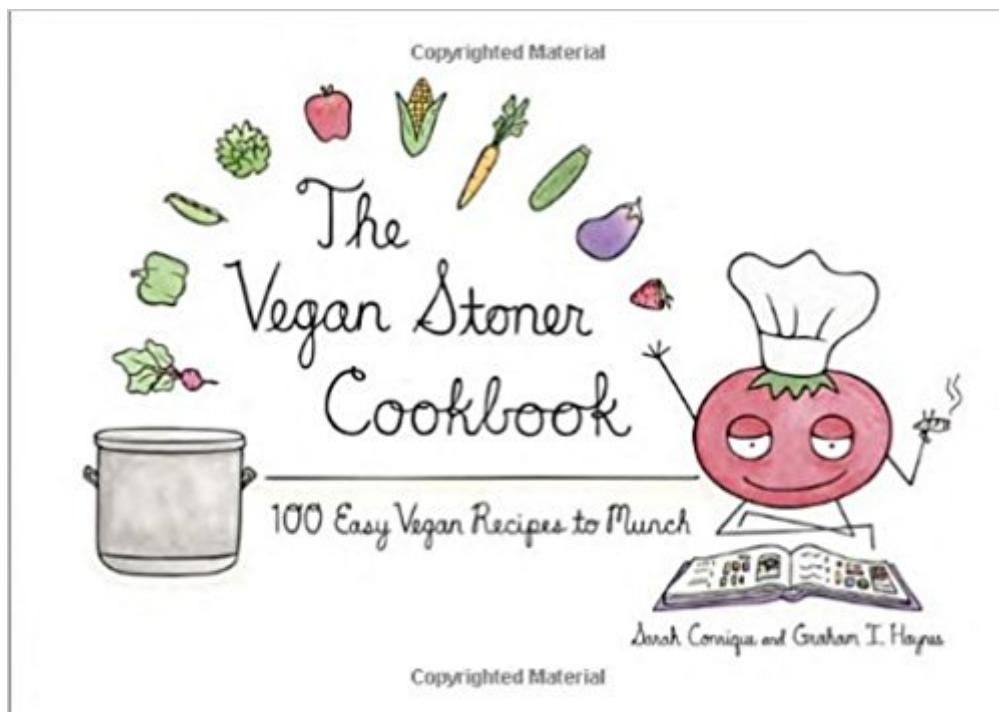


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The Vegan Stoner Cookbook: 100 Easy Vegan Recipes To Munch



Synopsis

A collection of vegan recipes so simple to make that even a stoner could prepare them, this highly illustrated cookbook from the creators of The Vegan Stoner food blog proves that going vegan can be fun, cheap, and easy. Cooking vegan doesn't have to be hard! This irreverent take on veganism proves that beginners and slackers alike can whip together yummy, filling meals with just a few ingredients and minimal time and effort. Foolproof recipes for breakfast, lunch, dinner, and munchies include Mean Green Smoothies, Aspara-Guy Sushi, Bahnwiches, Animal Cookies, Churro Chips, and more.

Book Information

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Customer Reviews

WARNING: Do NOT expect this book to contain healthy vegan recipes! Since I follow The Vegan Stoner blog, I knew exactly what I would be getting from each recipe. Just like in the blog, the munchies recipes are intended to be inebriation food. Even vegans and vegetarians crave sinful foods when they're stoned and/or drunk and/or rolling. Yes, there's a Mean Green Smoothie, Collard Wraps, and Granola to represent the standard type of vegan fare most would expect from a vegan cookbook, but that's not all! There are Enchiladas, Carnitas, Samosas, Corned Seitan Hash, Deviled Lentils, Sushi, and the interesting-looking Banana Dog for the junky-type food cravings for all. Speaking for the non-animal-consuming public that enjoys quick and tasty food that's easy enough to prepare while inebriated, this book is awesome. The ingredients are presented simply in cute little illustrations and are basic, like marinara sauce, crescent roll dough, and tempeh. These really are quicker foods, but nothing's stopping the reader from making their own biscuit dough

instead of reading the ingredients on every roll of dough to make sure no eggs, milk, or casein is included. This book treats cooking just like some cookbooks or TV shows focus on throwing a few cans together and adding a bit of pre-mixed seasoning and baking for x minutes at x temperature. Now, the "Creole Seasoning" and the other seasoning mixes become a mystery ingredient to either flub trying to replicate it blind or a frustration when you can't find a good vegan version. LUCKILY the author includes the recipes and shelf lives for the mixes as well as recipes for a few basic condiments, sauces, and bread products.

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