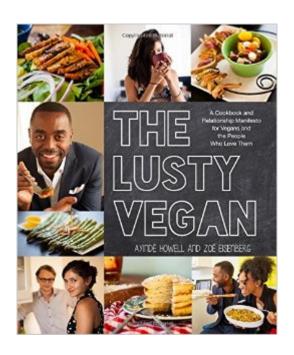
The book was found

The Lusty Vegan: A Cookbook And Relationship Manifesto For Vegans And Those Who Love Them





Synopsis

â fA cookbook and advice guide for vegans dating non-vegans. Delicious recipes by a respected chef, and advice on relationships, dating, and sex when one wants tofu while the other wants a cheese burger. Irreverent humor, solid advice, and good eats!â fThis combination cookbook and lifestyle book takes a unique look at inter-palate partnering, with personal stories and tips for peaceful co-existence when one partner wants a cheeseburger and the other wants a tempeh slider.â fAward-winning Chef Ayinde has crafted 80 delicious recipes that both vegans and omnivores can enjoy together, including:â fClassic Cloud-Nine PancakesTuscan 12-Vegetable Soup with Savory BiscuitsHabanero Portobelo FajitasCrispy Spring RollsCherry Cobbler and Cacao NibsMany moreâ fAyinde and Zoe are longtime vegans, but they have something else in common; neither has ever dated another vegan. After comparing notes, they realized the need for a manifesto to help vegans and omnivores navigate their cross-cuisine love life. The book shares tips for vegans who want to satisfy the appetites of their omnivorous counterpart, and for non-vegans who want to impress their plant-based partners.â fThe authors' personal experiences and advice can be irreverent, but always on the mark for people needing relationship solutions, both romantic and culinary. Loaded with humorous anecdotes and seductive full-color food photographs. The Lusty Vegan provides delicious recipes and lots of fun along the way.

Book Information

Paperback: 256 pages

Publisher: Vegan Heritage Press, LLC (October 7, 2014)

Language: English

ISBN-10: 0985466294

ISBN-13: 978-0985466299

Product Dimensions: 9 x 0.7 x 7.5 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â See all reviews (53 customer reviews)

Best Sellers Rank: #183,441 in Books (See Top 100 in Books) #21 in Books > Parenting & Relationships > Family Relationships > Military Families #382 in Books > Cookbooks, Food &

Wine > Cooking by Ingredient > Natural Foods #426 in Books > Cookbooks, Food & Wine >

Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

This is the book I wish I had when I first went vegan. Navigating relationships with omnivores was

really tricky at first. I'm married now (to a man who enjoys steak and ice cream) and I have to admit I made a few mistakes when we first moved in together (like trying to convert him). Half of this book contains advice on anything you'd want to know about dating when one person is a vegan and the other can't live without cheese and bacon. Ayinde and Zoe go over first dates, how to tell the other person about your vegan lifestyle, sex, meeting the families, and even handling break ups. Both authors narrate their own stories of past relationships, telling us all the things that worked and the ones that didn't. (Can I just say I do not like Ayinde's taste in women?) It's a lot of fun to read, and even though I'm happily married, I still was able to take away some advice for myself, like how to deal with the families at the holidays. The other half is all delicious recipes that Ayinde Howell has created for everyone to enjoy. They are all vegan and all very, very delicious. My husband frequently asks me to make the "lobster" rolls and cajun tofu and dirty rice. Aiyinde's pancake recipe is now a staple in my house for Sunday morning breakfast. And I have yet to try a dessert that hasn't been absolutely amazing. If you are looking for healthy vegan food, this is not your cookbook. Lots of sugar and oil is used. If you are looking for lots and lots of flavor, you've found your winner. I also appreciate BTW that while this book does have some vegan staples like pancakes and chocolate covered strawberries, it also has some recipes that I don't often see, if ever, in other vegan cookbooks, such as the lobster rolls and jambalaya. (We seriously need a New Orleans vegan cookbook BTW.

Download to continue reading...

The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A

Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Vegan: The Essential Asian Cookbook for Vegans: (+ FREE BONUS BOOK!) (vegan, vegan diet, vegetarian, gluten free, superfood 3) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Vegan: The Essential Mexican Cookbook for Vegans: (+ FREE BONUS MUG CAKE COOKBOOK!) (vegan, gluten free, vegetarian, clean eating, raw diet 6) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER -FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) Vegan: Ice Cream Vegan Recipes: A Delicious Escape for Beginner Raw Vegans and Vegetarians (Soul Satisfying Low Fat, Gluten Free, Dairy-Free, Smoothie ... Recipe Cookbook for Healthy Weight Loss 1) Vegan Mastery Cookbook: Simple Vietnamese Spring Roll Recipes to Cook at Home (International Vegan Cookbook Series, Vegan Spring Rolls, Vietnamese Spring ... Vegan Recipes, How to Make Spring Rolls) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide)

Dmca