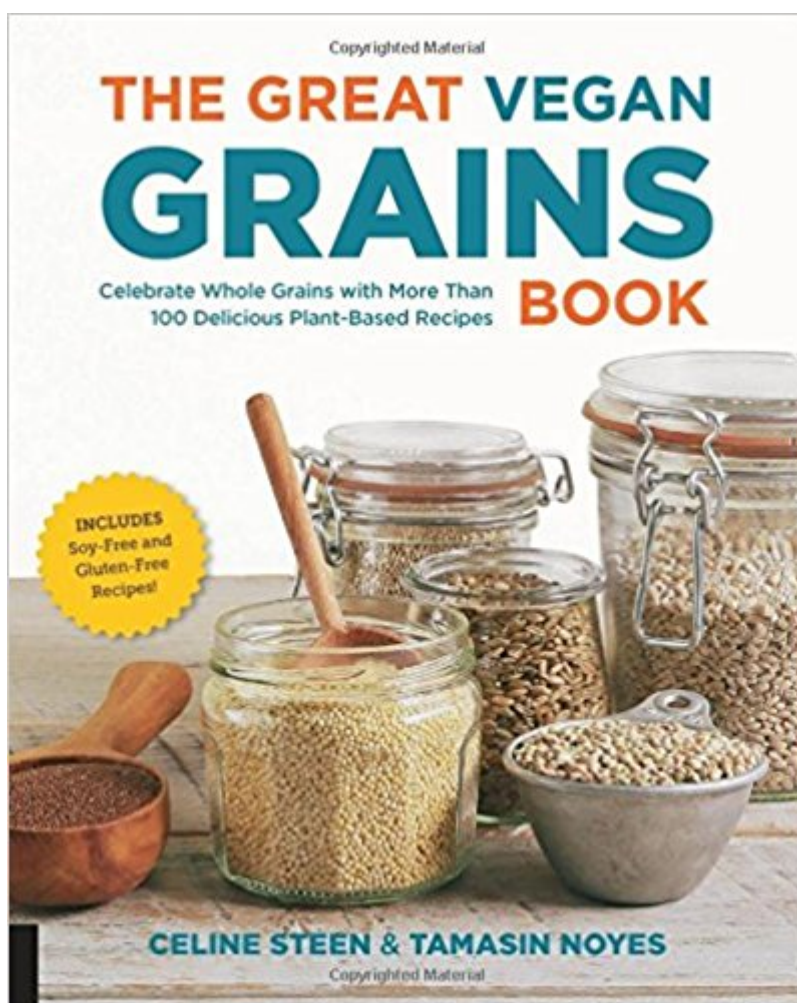


The book was found

The Great Vegan Grains Book: Celebrate Whole Grains With More Than 100 Delicious Plant-Based Recipes * Includes Soy-Free And Gluten-Free Recipes! (The Great Vegan Book)





Synopsis

Enjoy over 100 whole-grain vegan recipes for every meal and occasion! Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans. That's where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too! Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as:- Quinoa Breakfast Pilaf- Apple and Oats French Toast- Sausage Smash Potato Hash- Spelt and Bean Burritos- Tempeh Buckwheat Bowl- Teff and Pea Fritters- Cracked Wheat Koftas- Roasted Corn and Barley Chowder- Warm Farro and Sweet Potato Salad Also enjoy gluten-free vegan recipes, such as:- Apricot Oats- Polenta Topped Mexi-Beans- Chickpea Millet Curry- Harissa Veggies and Rice Skillet- Spinach and Basil Quinoa- Sesame Purple Rice

Book Information

Series: The Great Vegan Book

Paperback: 176 pages

Publisher: Fair Winds Press (November 15, 2015)

Language: English

ISBN-10: 159233699X

ISBN-13: 978-1592336999

Product Dimensions: 7.6 x 0.5 x 9.4 inches

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

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #269,330 in Books (See Top 100 in Books) #59 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains #94 in Books > Cookbooks, Food & Wine > Special Diet > Wheat Free #393 in Books > Cookbooks, Food & Wine > Special Diet > Allergies

Customer Reviews

"Whether you're sticking it to soy, saying goodbye to gluten, or looking to bulk up using nothing but natural ingredients, The Great Vegan Grains Book is for you. With more than 100 recipes that

transform common grains into nutritious, complete meals such as Chickpea Millet Curry, Teff and Pea Fritters, and Spelt and Bean Burritos, authors Celine Steen and Tamasin Noyes have applied their expertise across an array of satiating bowls." - VegNews

Celine Steen is the co-author of 500 Vegan Recipes, The Complete Guide to Vegan Food Substitutions, Hearty Vegan Meals, Vegan Sandwiches Save the Day!, Whole Grain Vegan Baking, The Great Vegan Protein Book, and the upcoming The Great Vegan Grains Book. She is the founder of the award-winning blog Have Cake, Will Travel (www.havecakewilltravel.com). Tamasin Noyes is the author of American Vegan Kitchen, Grills Gone Vegan, Vegan Sandwiches Save the Day!, Whole Grain Vegan Baking, and the upcoming The Great Vegan Protein Book. She is the founder of www.veganappetite.com and has worked as a committed cookbook tester for many well-known vegan cookbook authors (such as Isa Chandra Moskowitz, Terry Hope Romero, Robin Robertson, Dynise Balcavage, and Kelly Peloza) and has cooked in several restaurants.

What an awesome book, another winner from Steen and Noyes! Wealth of information, really helps me take advantage of the bulk section of my grocery store, helping me save \$\$ buying bulk grains and use interesting, healthy ingredients. I had never used spelt berries in my life until I made the Spelt Chili from this book--SO DELICIOUS! And the serving suggestion to top it with guac was awesome, rather than buying vegan sour cream, more natural and super delish! Great book, excellent cooking tips and grain charts, looking forward to cooking many more winning meals from it

Appreciate whole foods vegan recipes and also, the gluten free recipes

Great information!

very good read.

The price of the book is worth it's weight in meatballs (wheatballs -as the recipe is named)! Since we tend to buy these by the bags (at around \$5 to 7 per bag) this book has already payed for itself in those alone. Not only that, but there are 5 different versions of the wheatballs (Italian, Asian, Moroccan, Indian and Mexican). This book is another in the "The Great Vegan..." series, and since it is another one from Tamasin, it's another winner! The ladies cover all types of grains in this book:

spelt, einkorn, barley, polenta, wheat, bulgur, amaranth, buckwheat, freekeh, etc. The chapters are broken into breakfasts, mains, sides and soups and salads. As typical for Fair Winds Press, the book is printed on high-quality paper with top-notch, full-colored photography. Take a look at the index to see what all the tempting recipes are that are covered in the book.

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