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How It All Vegan! co-authors Tanya
Barnard and Sarah Kramer were
themselves "lazy vegetarians" who
eventually made the leap from lactose
to legumes. Their charmingly personal
compilation of animal-free recipes is
mainly a transitional cookbook, chock
full of flavourful, creature-friendly
recipes such as lentil "burgers," "Cajun
Jerky," and "cheese" perogies, all
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Buy How It All Vegan!: Irresistible Recipes for an Animal Free Diet by Tanya Barnard, Sarah Kramer (ISBN: 9781906502072) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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Since it was first published in 1999, How It All Vegan! has become a bible for vegan cooks, both diehard and newly converted; its basic introduction to the tenets of vegan living and eating,

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combined with Sarah Kramer's and Tanya Barnard's winning charm, made it an essential cookbook for anyone considering eschewing animal products from their diet.

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Sarah Kramer was named "The World's Coolest Vegan" by Herbivore magazine. She is the author of La Dolce Vegan! and Vegan a Go-Go! and coauthor of How It All Vegan! and The Garden of Vegan, as well as the Arsenal Pulp Press app Go

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Vegan! with Sarah Kramer, available for the iPhone and iPad. In addition to creating her vegan masterpieces and maintaining her popular website GoVegan.net, she also ...

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How It All Vegan - AbeBooks

Since it was first published in 1999, How It All Vegan! has become a bible for vegan cooks, both diehard and newly converted; its basic introduction to the tenets of vegan living and eating, combined with Sarah Kramer's and Tanya Barnard's winning charm, made it an essential cookbook for anyone considering eschewing animal products from their diet. . It won VegNews' Veggie

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And as Sarah and Tanya demonstrate in How It All Vegan!, vegan food is fabulous food, full of flavour and all the nutrients you need. Two-colour throughout, the book's chapters include entrees, soups, sauces, breads, salads, and desserts; there are recipes for blue banana muffins, mushroom barley stew, chocolate cheese-less cake, tofu jerky, and vegan versions of ice cream, mayonnaise, and ...

How It All Vegan! | Arsenal Pulp Press

"How it All Vegan!" is known to its fans as The Vegan Bible and it won the award for Best Vegan Cookbook when it was first published. Now available for the first time in a fully metricated anglicised edition this book is the natural successor to Vegan with a Vengeance which Grub Street published last year and is now in

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Vegan food is fabulous food, full of flavor and all the nutrients you need. With fun illustrations and a cool, punky sensibility, How It All Vegan! will tempt you to join the Vegan Empire. "Written with sass, style, and a sense of humor. More than just a cookbook. . . ."— BUST<...

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