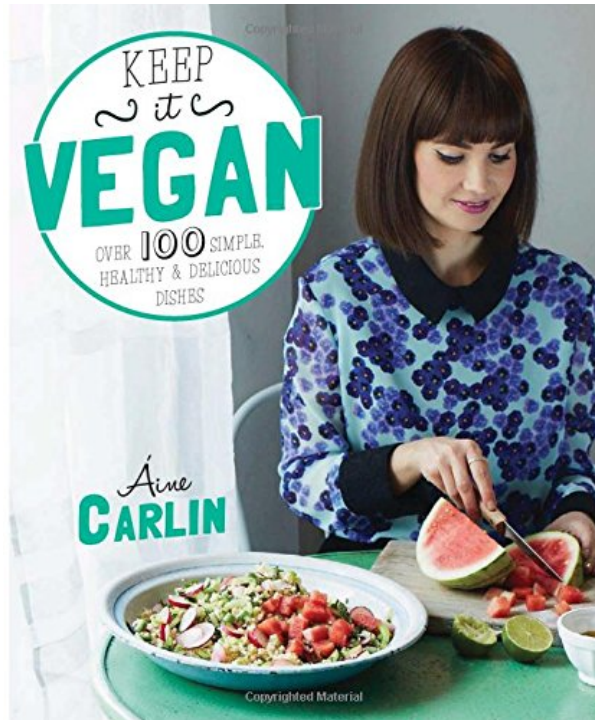
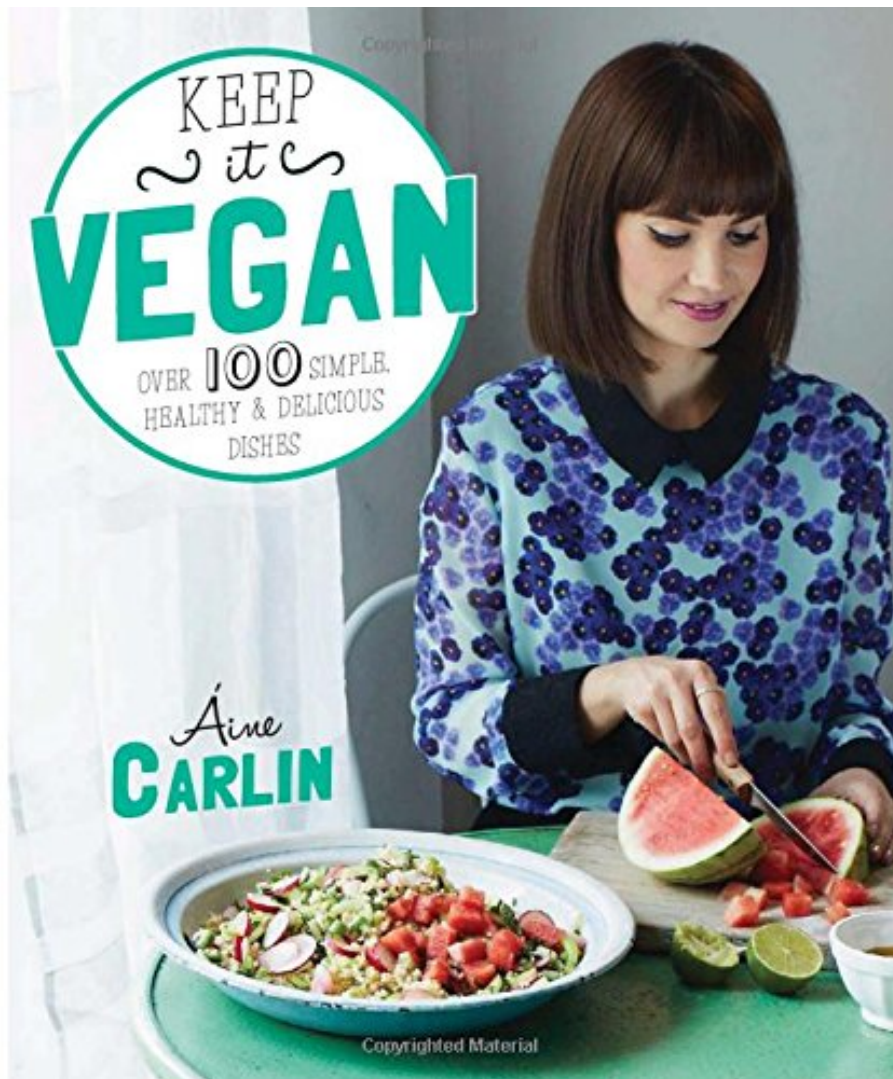


KEEP IT VEGAN: 100 SIMPLE, HEALTHY & DELICIOUS DISHES BY AINE CARLIN



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Think you know vegan cooking? Lengthy, complicated recipe lists, expensive, hard-to-find ingredients, flavourless food? Think again! Let Aine Carlin, creator of popular vegan lifestyle blog Pea Soup Eats, enlighten you with her delicious recipes and straightforward tips. Keep it simple with easy-to-follow recipes, using a sensible number of ingredients that can be found in your local supermarket. Keep it tasty with chapters including Breakfast, Brunch & More, Light Lunches & Simple Suppers, Something Special, Sauces & Sides and Sweet Treats. Delight your senses and tantalise your tastebuds with Rosemary and Pear Stuffed French Toast, Santorini Spaghetti or Sweet Potato Sushi. Keep it fun - Aine is a truly creative cook who loves to whip up dishes that burst with colour and flavour, such as her Zesty Watermelon & Bulgar Wheat Salad. And don't be fooled into thinking there's no room for treats - Fudgy Brownies, anyone? But most of all, Keep it Vegan! With this gorgeous selection of 100 simple, tasty and fun recipes, newcomers and long-time vegans alike will find plenty to keep them well-fed and inspired. The vegan diet is great for your health, bank balance and the environment, so what are you waiting for? Dive in and discover these vegan delights.

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Most helpful customer reviews

8 of 8 people found the following review helpful.

Really good

By CycleRacing

This is a really good vegan cookery book. It would appeal to lots of people, meat eaters, vegetarians and vegans alike I would suspect. None of the recipes are too difficult, the instructions are clear and easy to follow and there are a large number of good pictures so you can get an idea of what the finished product should look like. Note, there are not pictures with every single recipe.

What I really like about the recipes in this book is that none of them (that I have come across anyway) require the use of ingredients that are hard to get hold of. Pretty much everything used is likely to be considered 'normal' everyday food which any supermarket will sell. This can be difficult in some of the vegan cookery books I own - many seem to demand ingredients which are harder to find and can be expensive.

My cooking so far from this book has been successful. Last night I made the macaroni cheese. It was easy to make - the longest bit was waiting an hour for the butternut squash to cook in the oven. It tasted good - not like mac cheese with real cheese - but certainly a really good, tasty and much healthier alternative! We enjoyed it.

I have also made in the last few days the no-bake strawberry vanilla cheesecake. This is essentially a raw cheesecake - though I suspect most people would never know that upon tasting it unless they were told! My partner loves this cheesecake - it isn't cheap to make but is good. Tip - it needs a healthy dose of vanilla.

Others I have successfully made is the lasagna, brownies, mushroom burgers and various soups. They have all worked well - there have been no kitchen disasters!...

I would definitely recommend this book.

2 of 2 people found the following review helpful.

I'd recommend it easily

By Kathy Conant

The recipes are user friendly and delicious. I'm just exploring this venue. The writing has an ambiance of friendship...simply being in the kitchen and simply talking about the meals for your family. I also bought a copy for my daughter, who has been following her on Instagram....me too. My daughter was so excited about the book and still is. I'd recommend it easily.

3 of 3 people found the following review helpful.

A++++

By K. Creech

We have gone through about half of the cookbook over the last 2 weeks and are in love! Thank you for making a cookbook with easy recipes so my teens can cook too, and with recipes that are super yummy and exciting!

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