

? More Adults Staff Picks

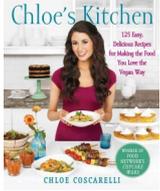
Vegan Cookbooks

It's officially backyard garden and Farmers' Market season! If you're looking for some fresh new recipes to liven up your cooking repertoire, check out one of these vegan cookbooks. Vegan cooking is entirely plant based, using no eggs, dairy, or other animal products.

From healthy whole foods dishes to downright comfort food, there's a little something for everyone on this list. Bon appetit!

Compiled by:

Jen H.

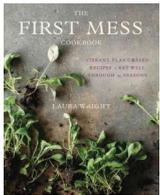


Chloe's Kitchen

Chloe Coscarelli

Adult Nonfiction ? 641.5636 Cos

"Coscarelli's contagious enthusiasm and full-flavored recipes will appeal to readers who are considering going vegan but aren't sure if they're ready. Recommended for vegans interested in appetizing recipes that emphasize taste over health benefits." *Library Journal*

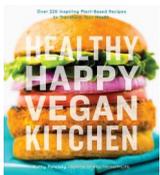


The First Mess

Laura Wright

Adult Nonfiction ? 641.56365 Wri

"Each recipe is a celebration of beauty and abundance, living well and eating well. Just by flipping through these pages, you are immediately aware of her reverence for fresh, healthy food and that each recipe is an ode to earth's gifts. Laura will open your eyes to the treasure trove that is nature, the possibilities in the produce aisle, and will get you excited about eating more plants not because you should but because you want to." *Sarah Britton*

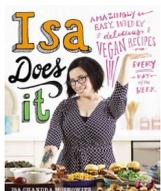


Healthy Happy Vegan Kitchen

Kathy Patalsky

Adult Nonfiction ? 641.56365 Pat

"The book includes information on how to build a vegan pantry, a note of encouragement to 'vegan newbies,' wellness tips, and technique and method information. Standout selections include appealing, easy-to-prepare meal bowls?such as the Coconut Cloud Bowl with coconut rice, tofu pillows, and toasted cashews?and innovative Wellness Lattes, made with nondairy milk, agave or maple syrup, and spices. Headnotes and information on the author's own vegan journey offer encouragement and background for anyone interested in embracing the meatless life or simply incorporating meatless meals into their diet."? *Publishers Weekly*

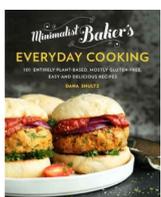


Isa Does It

Isa Chandra Moskowitz

Adult Nonfiction ? 641.5636 Mos

"This focused solo effort should enchant mainstreamers and the vegan-curious alike...For those who consider veganism a creed of abstinence and austerity, these joyous, vivid recipes are a persuasive argument to the contrary."? *Boston Globe*

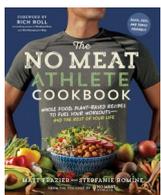


Minimalist Baker's Everyday Cooking

Dana Shultz

Adult Nonfiction ? 641.56365 Shu

A recipe collection from the popular food blog Minimalist Baker featuring simple, quick vegan recipes that require ten ingredients or less, including such options as spiced buckwheat pancakes, cornbread chili potpies, and Thai quinoa meatballs.

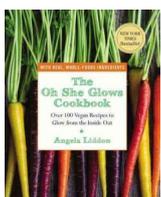


No Meat Athlete Cookbook

Matt Frazier

Adult Nonfiction ? 613.711 Fra

"Though readers don't have to be triathletes to get the most out of the book, those with intense workout schedules are sure to appreciate Frazier's focus on fitness with dishes aimed at fueling workouts (including DIY sports drinks to replace Gatorade) and speeding up postworkout recovery. In almost every case, Frazier and Romine's recipes are easily sourced and well within the capabilities of novice cooks, making for an easy entry into meat-free eating. Sage advice on picking the right dishes to work into one's everyday meals, oil-free cooking, expanding one's incorporation of greens, and putting leftovers to good use give readers the necessary tools to up their healthy-eating games."? *Publishers Weekly*

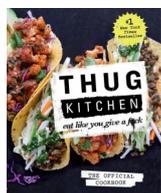


The Oh She Glows Cookbook

Angela Liddon

Adult Nonfiction ? 641.56365 Lid

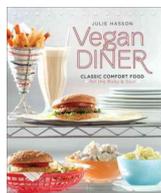
Packed with more than 100 delicious recipes such as go-to breakfasts, protein-packed snacks, hearty entrees, and decadent desserts. Whether you are a vegan or you simply want to incorporate a few vegan meals into your week, Angela's recipes are a must-have for anyone who longs to eat well, feel great, and simply glow! ?Publisher



Thug Kitchen

Adult Nonfiction ? 641.5636 Thu

Thug Kitchen lives in the real world. In their first cookbook, they're throwing down more than 100 recipes for their best-loved meals, snacks, and sides for beginning cooks to home chefs. This book is an invitation to everyone who wants to do better to elevate their kitchen game. ?Publisher

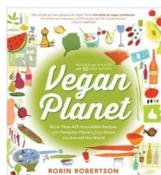


Vegan Diner

Julie Hasson

Adult Nonfiction ? 641.56365 Has

Hasson writes that many students in her cooking classes don't want to give up their favorite foods. To counter that excuse, she here includes many favorite American dishes as vegan delicacies. While this book doesn't include nutritional information, it's a fun vegan cookbook featuring, e.g., Mocha Muffins, Diner Donuts, Vampire Fries, Mushroom Burgers, and Ooey-Goey Brownies. Sure to add some variety to weeknight meals. ?*Library Journal*



Vegan Planet

Robin Robertson

Adult Nonfiction ? 641.5636 Rob

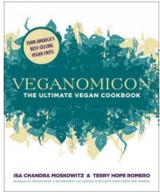
"Robertson's pioneering book played a leading role in the passage of veganism from subculture to mainstream culinary lifestyle. One decade and more than 100,000 copies later, this important classic is back in a thoroughly revised edition. Vegan cookbooks are big sellers today, but in a thicket of topical and niche titles there's a need for an everyday cooking bible on which vegan cooks can rely. The new Vegan Planet meets that need handsomely. Throughout, there's the spirit of adventure and of culinary creativity that has cemented Robertson's reputation at the top of the vegan pantheon." ?Publisher



Vegan Richa's Indian Kitchen

Adult Nonfiction ? 641.5954 Hin

"In this extraordinary cookbook, Richa Hingle masterfully combines the traditional flavors and techniques of Indian cuisine with streamlined cooking methods and healthier ingredients, resulting in the best collection of vegan Indian recipes anywhere."?Robin Robertson



Veganomicon

Isa Chandra Moskowitz

Adult Nonfiction ? 641.56365 Mos

It's easy to live vegan 24/7 with this collection of 250 recipes, menus, and color photos for dishes that taste even better than their non-vegan counterparts. The cookbook offers innovative recipes for all occasions, convenience, easy-to-find ingredients, and gluten-free and tofu-free options.

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