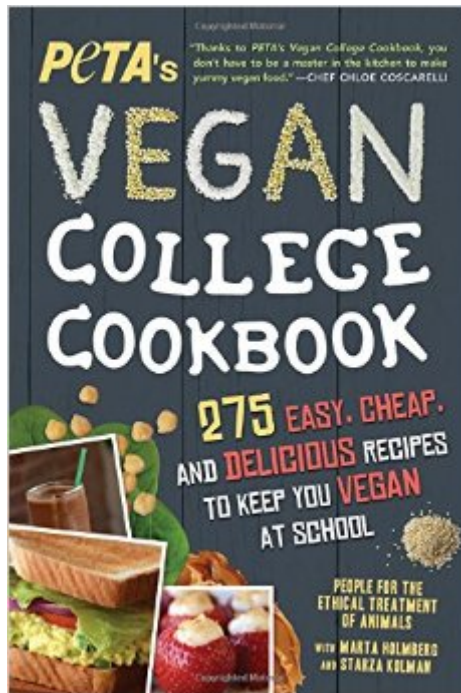


The book was found

PETA'S Vegan College Cookbook: 275 Easy, Cheap, And Delicious Recipes To Keep You Vegan At School



Synopsis

You can have the simplest, tastiest vegan recipes on a budget • and the best part is, the most complicated kitchenware you'll ever need is a microwave. Including more than 250 recipes, we've got all the best insider info: - Vegan alternatives to meat, eggs, and milk- How to stock your kitchen/mini-fridge- How to make meat-free sandwiches, salads, soups, and sauces- Fun meal recipes, such as Fettuccine Alessandro, Walking Tacos, and Pancake in a Mug- The best drinks, dips, and dressings- Unbelievable vegan dessert recipes- Spotlight sections on the staples we love: peanut butter, potatoes and Ramen- And much, much more!With new tips and treats to suit even the pickiest palate, this is the essential college cookbook for every vegetarian or vegan on a budget. Remember: You have the power to save animals-every time you eat. We can show you how!

Book Information

Paperback: 336 pages

Publisher: Sourcebooks; 2 edition (April 5, 2016)

Language: English

ISBN-10: 1492635545

ISBN-13: 978-1492635543

Product Dimensions: 8.9 x 6 x 0.9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars • See all reviews • (9 customer reviews)

Best Sellers Rank: #41,279 in Books (See Top 100 in Books) #26 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #41 in Books > Education & Teaching > Higher & Continuing Education > College Guides #108 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

I have been a vegan for over 25 years and even though I am way past my college years, I was curious to see what the recommendations for college students was for eating. During my college days, I was vegetarian, not vegan which, was a good thing as there were already too many limitations to what I could find in the cafeteria in my dorm! I lived on a pathetic salad bar and pizzas that I had delivered on almost a daily basis. I sure wish this cookbook would have been around when I was in college. Although, my dorm didn't have a microwave which, many of these recipes require. I am sure there is easy access to one now a days. I did however, have a small refrigerator in my room where I stored my leftover pizza. How did you reheat it, you ask? I didn't, I ate it

cold! LOL! The advice to vegan college students in this cookbook is good. It goes over what students should keep in their "pantry" and points out some of the things they might be able to get in their cafeteria. Some of the ingredients weren't even around back when I was in college, such as the vegetarian meat alternatives. We have come a long way! None of the recipes require a stove, just a microwave. However, there were some that required a blender. How much space do they think students have in a dorm room? LOL! They need a refrigerator/freezer, microwave, and blender. Plus they need a space to prepare the food. I can tell you that my room was tiny and I had a roommate. I tried making a few of the recipes myself including the "Breakfast Parfait", "Pancake In a Mug", and "Freshman Frittata". The parfait was the easiest and taste good. The pancake in a mug was acceptable, if a stovetop isn't an option but it was a bit on the rubbery side. I didn't care for the frittata at all.

[Download to continue reading...](#)

PETA'S Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School
 Vegan: 100 Delicious Recipes For The Beginner Vegan,: Lean Meals, Diet Plans,slow cooker,recipes (vegan cookbook,vegan diet,vegan recepies,vegan ice cream,vegan ...
 cooker,vegan protein powder,vegan protein) Vegan Thanksgiving Dinner: 25 Full Of Taste
 Thanksgiving Vegan Recipes.: (Thanksgiving, USA Holidays, Vegan, Vegetarian, Salads, Low-fat
 Vegan ... low fat high carb recipes) (Volume 2) Quick & Easy Recipes: Over 50 Simple and
 Delicious Vegan & Vegetarian Rice Cooker Recipes That Anyone Can Make! Recipes for Weight
 Loss & Overall ... (Rice cooker Recipes - Rice Cooker Cookbook) Vegan with a Vengeance, 10th
 Anniversary Edition: Over 150 Delicious, Cheap, Animal-Free Recipes That Rock Vegan: High
 Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast
 Iron) The I Love Trader Joe's College Cookbook: 150 Cheap and Easy Gourmet Recipes The \$5 a
 Meal College Vegetarian Cookbook: Good, Cheap Vegetarian Recipes for When You Need to Eat
 (Everything Books) The Get Healthy, Go Vegan Cookbook: 125 Easy and Delicious Recipes to
 Jump-Start Weight Loss and Help You Feel Great Greek Cuisine Cookbook: 50 Easy and Delicious
 Greek Recipes (Greek Recipes, Mediterranean Recipes, Greek Food, Quick & Easy) Kristen
 Suzanne's EASY Raw Vegan Holidays: Delicious & Easy Raw Food Recipes for Parties & Fun at
 Halloween, Thanksgiving, Christmas, and the Holiday Season Kristen Suzanne's EASY Raw Vegan
 Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds,
 Pancakes, Crackers, Breads, Granola, Bars & Wraps The Kids' College Almanac: A First Look at
 College (Kids' College Almanac: First Look at College) Student's Vegetarian Cookbook, Revised:
 Quick, Easy, Cheap, and Tasty Vegetarian Recipes Vegan Freak: Being Vegan in a Non-Vegan

World (Tofu Hound Press) Microwave Cookbook: 40 Delicious, Healthy and Easy to Make Meal Recipes for Busy People (Quick and Easy Microwave Meal Recipes) Alkaline Diet Cookbook: Lunch Recipes: Insanely Delicious Alkaline Plant-Based Recipes for Weight Loss & Healing (Alkaline Recipes, Plant Based Cookbook , Nutrition) (Volume 2) You Are What You Eat Cookbook: Over 150 Easy And Delicious Recipes To Inspire The Healthy New Cookbook for Teens: The Easy Teen Cookbook with 74 Fun & Delicious Recipes to Try Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes

[Dmca](#)