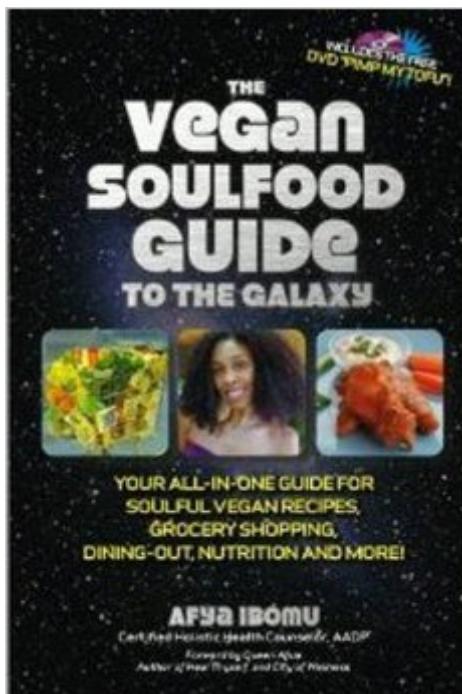


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# The Vegan Soulfood Guide To The Galaxy



## **Synopsis**

The Vegan Soulfood Guide To the Galaxy is much more than a cookbook. It's a fun, fact filled guide to the vegetarian world of grocery shopping, understanding nutrition, meal planning, dining out as a vegan and more! No more bland vegetarian taste; now you have in your hands a complete resource for cooking mouthwatering, inexpensive soulfood recipes made with out white sugar, white flour, white rice, animal or dairy products that satisfy vegans and carnivores alike. Make delicious and nutritious versions of these classic recipes: Sweet Potato Pie- Potato Salad- Tofu Buffalo "Wings"- Corn Bread- Chocolate Chip Cookies- Collard Greens- Candied Yams And More! Also Included: Pimp My Tofu DVD A Free Instructional Cooking DVD with theme song featuring Sticman of Dead Prez

## **Book Information**

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Best Sellers Rank: #817,828 in Books (See Top 100 in Books) #94 inÂ  Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food #109 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #1284 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

## **Customer Reviews**

I recently purchased this book after learning about it from her husband a noted musician on a radio program he hosts where he had her on. I will say from the outset, I love the book title!!! Ok, so I bought this and several other vegan books to add to my library. Having been pesco-tarian for 11 years I am familiar with ALL of what she talked about and also having grown up going to/eating at Soul Vegetarian Restaurants in Atlanta, DC, and Chicago her recipes are reminiscent of those meals. Given that, I appreciate her book even more because of the simplicity she provides. It's one thing to have a book of interesting/exciting recipes devoid of colored pictures, nutritional facts, etc and assume "they will come." This author created an ideal package comprised of very useful how

to's of vegan life, COLORFUL food pictures, and easy recipes that include easily obtainable ingredients. I like too that she explains if something is soyfree or wheat gluten free or how it could be through the inclusion or exclusion of often one particular item. Honestly, the pictures are what got me as well as the pages to find the very recipe I was looking for! So simple...its divine! What I also appreciate is that she does NOT include sugar in her recipes. Instead you will see agave, maple syrup, or sucanat listed. I can't tell you how many times vegan books use sugar; that is so absurd to me knowing the damaging effects it has on the body whether brown or sugar cane. I do agree that many of the recipes are a slight bit carb focused, but if a cook is being conscious with the intake of foods any of these can easily be supplemented with one if not several other plant based items within one's meal. My only con is that I wish there were more recipes but that could be getting recipe greedy.

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