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## Keep It Vegan: Over 100 Simple, Healthy and Delicious Dishes

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By Carlin, Áine.

Kyle Books. 1 Paperback(s), 2015. soft. Book Condition: New. No longer defined by foods you must "learn to live without," veganism has become a flexible way of preparing healthful dishes to suit your own taste. In this beautifully photographed cookbook, Áine Carlin sees you through three meals, prepared the vegan way, with such delicious yet straightforward options as Rosemary-and-Pear-Stuffed French Toast, Sweet Potato and Kiwi Soup, Winter Squash and Couscous Salad, Red Lentil and Spinach Lasagna, and Cumin-Spiced Carrots. Here too are drinks and desserts, including the Super Green Smoothie, Easy Creamy Horchata, Chocolate Peanut Butter Bites, and Baked Bananas in a Citrus Rum Sauce. 176.



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