

[PDF] Eat, Drink & Be Vegan: Everyday Vegan Recipes Worth Celebrating

Dreena Burton - pdf download free book



Books Details:

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Author: Dreena Burton

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Description:

Review *Eat, Drink & Be Vegan* is full of vibrant, healthy, and delicious recipes that are perfect for an everyday meal or special celebration, without the need to rely on overly processed foods. Cheers to Dreena, who has provided us with yet another wonderful cookbook that reflects her fun personality and dedication to showing the world that compassionate, wholesome food can taste amazing.

□ Jenna and Bob Torres, co-authors, *Vegan Freak: Being Vegan in a Non-Vegan World* and co-hosts,

Vegan Freak Radio. (Torres *Vegan Freak* 20071015)

Combining a simple design with oodles of valuable veggie cooking info and mouth-watering recipes, Burton's latest cookbook features "celebration" recipes and is every bit as good as her previous books, the now-classic *The Everyday Vegan* and the impressive follow-up *Vive le Vegan!....* Vegan cooking is always a celebration when Burton's books are in the kitchen. —*Monday Magazine* (Victoria, BC) (*Monday Magazine* 20071108)

Like its predecessors, *Eat, Drink & Be Vegan* puts flavour at the fore. Even as a raging carnivore, I can see myself making her Thai coconut corn stew or tomato-dill-lentil soup.—*Georgia Straight* (*Georgia Straight* 20071206)

In the book, Burton proves that vegan dishes can be easy and quick to make, using familiar, everyday ingredients. —*Peace Arch News* (*Peace Arch News* 20071212)

Through her three cookbooks, Dreena has developed a vault of recipes that are healthy, accessible and vegan-friendly. Her latest book, *Eat, Drink & Be Vegan*, features recipes that are versatile enough to transition from everyday dish to party offering. —*Gannett News Service* (*Gannett News Service* 20071216)

Eat, Drink & Be Vegan is enhanced with sixteen full-color photographs, and is a welcome addition to personal, professional, and community cookbook collections. —*Midwest Book Review* (*Midwest Book Review* 20071215)

You don't have to actually be a vegan to enjoy Dreena Burton's cookbooks and to make them a part of your usual kitchen library. This is healthy, nutritious cooking suitable for a family or anyone interested in eating for optimum health.—*January Magazine* (*January Magazine* 20071218)

Dreena has the know-how and a knack for whipping up inviting, festive dishes in minutes that anyone can enjoy as healthful weekday fare.... her Gimme Chimis is a mouth-watering creation that features nutritious ingredients in a south-of-the-border-style sauce with a touch of fire.—*Vegetarians in Paradise* (*Vegetarians in Paradise* 20080108)

If you have enjoyed Dreena's recipes in the past or are you looking for a cookbook that will provide you with easy entertaining ideas that will impress your friends of all ages, then pick up *Eat, Drink & Be Vegan*. —*Lifelines* (Toronto Vegetarian Association) (*Lifelines* (Toronto Vegetarian Assoc) 20071231)

In her third vegan cookbook, Dreena Burton shows how easy it is to enjoy fabulous meals that are animal-free.... Her enthusiasm for vegan cooking is infectious and will help spur you on to try more imaginative recipes than you ever thought possible. —*North Shore News* (North Vancouver) (*North Shore News* 20080701)

From the Publisher Many of the recipes are appropriate for everyday meals as well. The book includes 125 recipes and 16 full-color photographs, as well as meal plans and cooking notes.

Recipes include Lentil and Veggie Chimichangas; Thai Chick-Un Pizza, White Bean Soup with Basil and Croutons, Olive and Sundried Tomato Hummus, Veggie Tempeh Muffuletta Sandwiches, Tomato Dill Lentil Soup, "Creamy" Cashew Dip with Fruit, Crepes with Maple Butter Cream, 5-Star Ice "Cream" Sandwiches, Chocolate Pumpkin Pie, and Hemp-anola (Dreena's take on granola).

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