



## **The Part-Time Vegan: 201 Yummy Recipes that Put the Fun in Flexitarian**

*Cherise Grifoni*

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- Adopt "Meatless Mondays"
- Scramble tofu for brunch
- Eat more beans--and less beef . . .

. . . or not. It's all good, according to Cherise Grifoni, your fearless guide to the seemingly complex world of no-meat, no-eggs, no-dairy. In this guilt-free cookbook, you'll discover how to go vegan without feeling *any* pressure whatsoever. But a warning: the mouthwatering recipes may have you transitioning to full-time much sooner than you anticipated!

Honestly, what's not to love when you're eating:

Purely Vegan Chocolate-Hazelnut Spread  
Lean, Mean, Black Bean Guacamole  
Very Vegan Potato Pesto Salad  
Spicy Roasted Tomato Soup  
Roasted-Garlic Mashed Taters  
Spanish Artichoke and Zucchini Paella  
Barley Pilaf with Edamame and Roasted Red Pepper

No matter why you want to go vegan--whether it's for health, the planet, or some other worthy reason--this cookbook makes sure you have fun in the process!



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