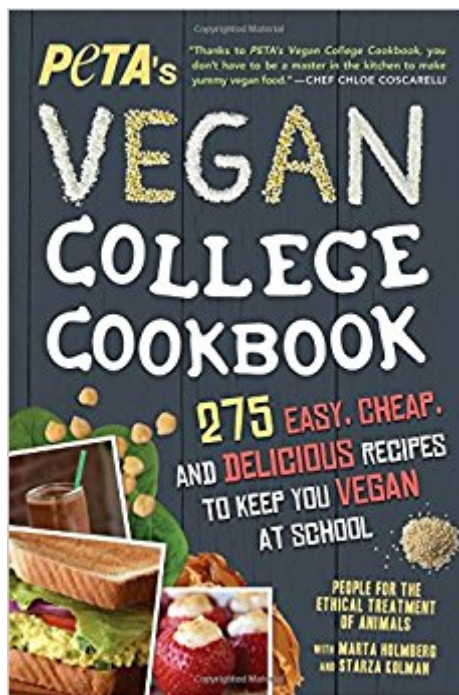




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# PETA'S Vegan College Cookbook: 275 Easy, Cheap, And Delicious Recipes To Keep You Vegan At School



## 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

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## Customer Reviews

"As a longtime vegan, I'm always looking for quick, easy, and yummy new recipes, so for me, PETA's Vegan College Cookbook was love at first bite." - Daniella Monet "Thanks to PETA's Vegan College Cookbook, you don't have to be a master in the kitchen to make yummy vegan food!" - Chef Chloe Coscarelli

People for the Ethical Treatment of Animals (Norfolk, Virginia) is the largest animal rights organization in the world. PETA2 is the largest youth animal rights organization in the world.

Finally, what I was looking for. An easy and realistic vegan cookbook. This is useful for anyone who doesn't want to spend much time on food preparation. Everything can be done in the microwave, but, honestly, you can add steps to suit individual taste. I have a big collection of vegan cookbooks, but they mostly are not used because I don't want to spend a few hours a day buying ingredients, chopping, cooking and cleaning. I do it for guests and if I'm in the mood, but never for every day. This cookbook adds options for us minimalists who want to eat well but keep it simple.

This is perfect for people who don't have time to cook, and throw everything in the microwave. It's very simple. It is aimed for college students who eat ramen noodles and are always on the go. My biggest disappointment was that it doesn't have any pictures inside, which makes it hard for me to page through and find something that looks yummy to me, when it's an endless blur of black text. Although the recipes have microwave directions, one could always make them on the stove instead. Btw, Fake meat sounds unhealthy when you use the word "fake" but really is not all that unhealthy. It's made from vegetables and plant based items not plastic. It's a replacement made from healthier things not a plastic ham. It has less cholesterol and doesn't contain hormones. Hot dogs made from meat are what I'd really be worried about, do you know how that is made? If you don't mind cooking, I'd recommend "Oh she glows cookbook", it has beautiful pictures for every recipe, and are all Vegan. Look it up on .

It's awesome very simple recipes and taste is amazing. You don't have to follow the exact way of cooking such as boil instead of microwave.

Got this as a gift for my daughters vegan friend who is living on a dime. Cute little book but the recipes are BEYOND simple. Maybe better for college guys who want to go vegan and have absolutely NO IDEA what to cook. There are a few keepers in here like the beer bread.

I am well-beyond the normal college-age. I also own a stove. This book helped me a lot in the early years of wanting to experiment with vegan food. Years later (and more experienced at cooking/baking). I STILL grab this book for those days I'm in a hurry, lazy, etc. and just want a quick meal and I'm blank on what to eat! Tip: For those who may have food allergies or sensitivities, you can be flexible and sub most things in this book: For instance: For those avoiding soy: Just use coconut milk (or other alt milk of choice), use a rice-based, almond-based, or coconut milk-based yogurt, in appropriate recipes that call for tofu or sour cream or cream cheese, or if you can eat

nuts: use cashews or other nuts for certain soy-based sauces, cheeses. For vegan cheeses, use gluten and soy-free daiya cheese shreds or wedges. For gluten free: Use gf breads, gf flours, instead of oats, use quinoa (flakes or regular). (Example for the Knock-Oats, I use quinoa flakes vs oatmeal, and a soy-free peanut butter (Santa Cruz brand). For refined sugar-free: Use agave, maple syrup or coconut sugar. You can also make these recipes on a hotplate, stove/oven or toaster oven vs microwave if desired. Take this book with you when travelling, too! VERY handy! Also great as an emergency/disaster book, imo. I hope that they come up with an updated version of this book, soon what with the updated vegan products and tips for those with the ever-increasing food sensitivities and allergies.

Love this recipe book! Well written, great ideas!

This was a gift for my girls. Great easy recipes that they can make quickly.

Love this cookbook!

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minutes) (vegan recipes cookbook Book 1) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) Vegan Instant Pot Cookbook: 60 Amazing Instant Pot Recipes for Everyday Cooking ( Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook ) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Cheap And Delicious: 40 Cheap And Delicious Easy Family Meals That Will Save You Time And Money In The Kitchen And Make Your Mouth Water With Delight! ... Cooking With Beans, Cooking With Potatoes) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Mug Cake: The Ultimate Vegan Mug Cake Cookbook: Quick, Easy and 100% Vegan (mug recipes, vegan cookbook, dairy free) (Love Vegan Book 7)

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