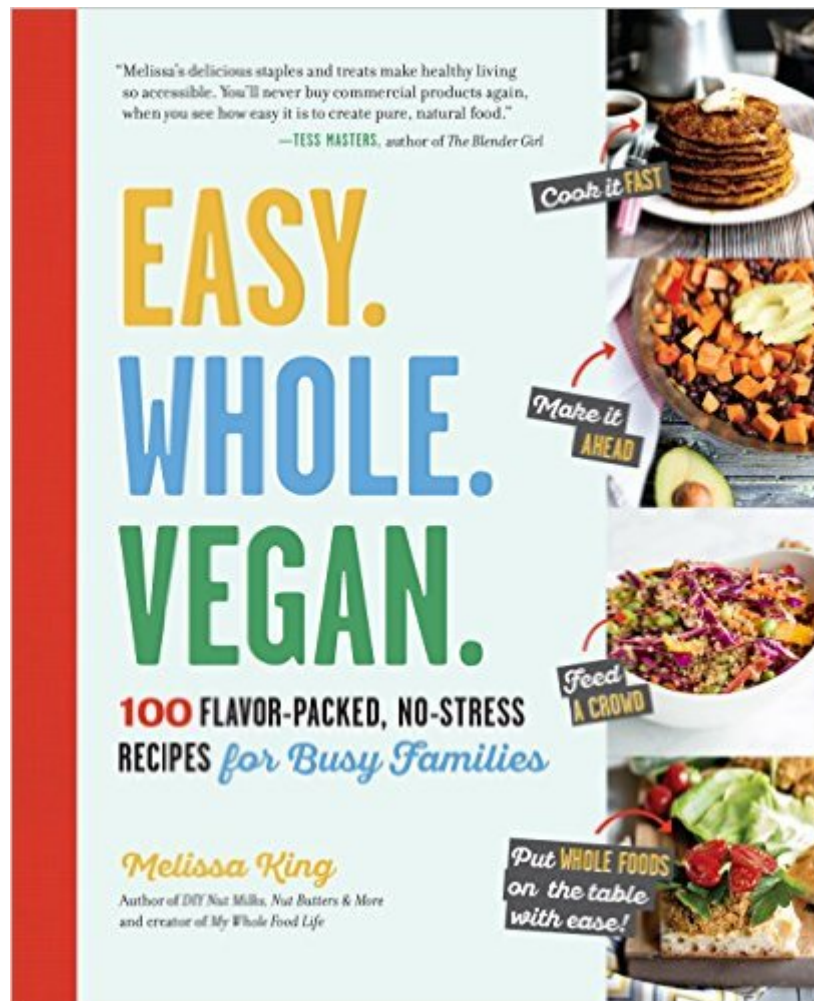


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# Easy. Whole. Vegan.: 100 Flavor-Packed, No-Stress Recipes For Busy Families



## Synopsis

Wouldn't you do more healthy cooking at home if you only had the time? It can be tough to put dinner on the table without falling back on packaged, processed foods. But for Melissa King, watching her two young daughters struggle with health issues was tougher. She switched her family to a whole foods, plant-based diet and it made all the difference. Today, Melissa is a master at crafting flavor-packed, no-stress recipes that are Easy. Whole. Vegan. (Plus, they're gluten-free!) Here are her top 100 meals, snacks, desserts, and more ingeniously organized by need to help busy families find the right one: QUICK: Make Sweet Potato Pancakes or Avocado & Chickpea Stuffed Cucumbers in 30 minutes or less EASY: Multitask effortlessly with slow-cooker dishes like Chili Mac & Cheese MAKE-AHEAD: Prep Lentil Shepherd's Pie when you do have time, and freeze it for later (Melissa explains exactly how!) Plus, ENTERTAIN with White Bean & Zucchini Burgers, MAKE IT YUMMY with wholesome condiments like Hidden Veggies Tomato Sauce, and hydrate for health with PICK-ME-UPS like Beet, Orange & Ginger Juice or a Tropical Green Smoothie. You do have time to cook whole, vegan food at home once a week, or all the time. It's easy!

## Book Information

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## Customer Reviews

Melissa did it again. An AMAZING book. I do not know what to make first. Enchilada soup or Corn chowder. White bean and zucchini burgers or or or ... there are so many delicious sounding recipes to try. I look forward to trying so many of these recipes. A beautiful cookbook! I love the fact that

most of the ingredients are in my pantry, refrigerator or garden. No weird ingredients. This is a must buy for anyone Vegan or not.

I love this book! I pre-ordered and was watching the mail for the book to arrive. Melissa does not disappoint. I have followed her FB and blog for years. She is a busy mom who wants to provide easy but healthy recipes and options for her family and others.....and this book delivers! The recipes are easy and kid friendly. From one working mom to others, this book helps me to create healthy meals for my family easily and quickly.

I love this book. I bought this book 2 days ago. Last night, I made the 4 bean soup, the apple cinnamon quinoa, and the shepherd's pie in under an hour. It was so easy. My biggest problem with vegan cookbooks is that they make things so complicated and have too many processed goods within the recipes. This book is not like that at all. The recipes were incredibly inexpensive to make and my husband and I will be eating them all week. Healthy, time saver, money saver, life saver. My goal is to make 3 recipes every week. I do not think that will be hard to do. I love this book.

I bought Melissa's DIY Nut Milks, Nut Butters & More and LOVE that book so I was SO EXCITED when I saw she was writing another book!!! And to make it even better....my daughter has been vegan for a year and I've been moving my family to a whole foods/plant based diet. I'm also gluten free so I was anxiously awaiting this book. The only down side was I had to wait all summer! Well, IT WAS WORTH IT!!! I am NOT a great cook. I like simple and easy and that's exactly what this book is!! Thanks so much Melissa!!!!

I am not vegan but I usually cook a few vegan meals every week because I love the beasties and I like to pretend I'm healthy. I'm always looking for new, tasty and easy recipes because, honestly, standing on my feet in the kitchen for endless hours after working all day is not my idea of a good time. I'd much rather be sitting on my butt reading a book. But I don't want us eating crap either so the simple title of this book caught my eye. It starts out with an intro about the authors' sick babies which was a little too TMI for my liking. I kept seeing the word feeding tubes and vomit on the page and had to start skimming " sorry, I'm heartless, I know this, but I wake up to enough grossness every day in my own house and just don't want to read about these kind of nitty gritty details in a cookbook. There's a list of kitchen equipment and pantry items you'll want to have

stocked, if you don't have them already. Some of the kitchen equipment will require a little investment (dehydrator, slow cooker, ice cream maker, spiralizer) but they're worth buying if you do a lot of home cooking. The pantry stuff is pretty much all the basics; applesauce, baking soda, flour, hemp & flax seeds, nutritional yeast, beans, stuff like that. There's nothing too weird or hard to find here, especially if you've ever cooked vegan or vegetarian. I'm thankful that the author has mentioned how to easily make some of the harder to find items like chickpea flour or oat flour or the pricier items like jarred roasted peppers and tomatoes. I always thought I had to buy them but if you have a high speed blender and an oven you can do it for yourself on the cheap. She also gives some handy tips for saving cash in other areas and ideas to save time. You probably already knew that you can extend the life of your cut herbs by placing them in water but I had no idea! I usually let them rot in a dark corner of the fridge. UPDATE: I've successfully managed to kill all of those pretty herbs I put in water in three days time. Perhaps this tip is only for those without a black thumb. Now, if you're anything like me, before you spend some hard earned cash on a cookbook you probably want to know that the recipes have actually been tested by real people. It's easy to look at the pretty pictures and ooh and aww over them and write a review. I can't do that. I want to know these recipes aren't going to make me call the pizza guy in a panic because I just made poo stew. There is nothing worse than spending money on a cookbook and ingredients only to have the majority of recipes end in disaster due to errata in the book. So, being the kind soul that I am, I am bravely putting a few to the test for you and will update this review as I work my way through the book (skipping the things that sound gross to me). Here's what's happened so far. Apple Cinnamon Quinoa: This is made in the crockpot and smells amazing when it's cooking. My daughter said the house smelled like fall. I set my cooker to high while plopped myself on the couch to catch up on tv for an hour or three. Apparently, my small crockpot was made in Hell and is not to be trusted because after 3 hours all of the liquid was long gone and everything was burnt on the bottom. I'd recommend keeping an eye on this unless you don't mind eating bitter burnt bits. I have not cut sugar out of my diet so, to me, this tasted a wee bit bland. If I ever were to make it again (and honestly, I probably won't), I'd add in some maple syrup and more liquid and lower the temp. I tried it cold this morning with a little agave syrup and it wasn't too bad but it wasn't too great either. This was kind of a dud for me, truth be told, and most of it is still sitting in a container in the fridge days later. Cilantro Lime Cauliflower Rice: This was so good I almost ate the entire thing myself. It also fooled both my kids and my husband into thinking they were eating some fancy rice from Chipotle. But this is much healthier. It didn't

last the night and it made a whole bunch. If you're thinking this sounds rather disgusting (ewww, cauliflower!) try it anyway. I think you'll be very surprised. This is no faux mashed potato cauliflower dish, trust me on this. I now make this at least once a week. Crockpot Corn Chowder: This time I used my trusty, ancient, not made in Hell, slow-cooker and had great results. The only mods I made were putting it on LOW for 10 hours instead of HIGH, adding an additional cup of veggie broth (I feared the burn again) and using a full can of coconut cream instead of a can of whole fat coconut milk. It's all I had and I was too lazy to run to the store. This was fantastic, slightly sweet and very hearty. I'd make this again and again and would always use the full fat coconut cream from Trader Joe's. That stuff is heavenly (and good for making ice cream too). I will update this review as I cook more of the recipes but so far, so good. The recipes are also very easy to make, as promised, and I feel safe in recommending it.

"Easy. Whole. Vegan." is a cookbook for making vegan, whole food, gluten-free meals. The author started by discussing the foods that she uses. Most of these foods are commonly available, though sometimes expensive. She talked about vegan substitutes for animal products, like how to make nut-milks, non-dairy "cream," or egg substitutes. She also recommended kitchen equipment (like a slow cooker, food processor, high power blender, dehydrator, juicer, stand mixer, and spiralizer). You'll probably want to start with the equipment you'll use the most, though, as good quality versions are going to be expensive. The recipes are intended to be easy to put together and clean up after. Most of the recipes had only a few, simple steps and served 4-7 people. They included variations for those with nut allergies. Some of the recipes are meant to look or taste similar to familiar non-vegan dishes, like ice cream or mac and cheese. Despite the titles of some of the recipes, no animal products are used. She included information about how to best store the leftovers. There were recipes for salads, soups, puddings, pancakes, muffins, bars, cookies, crackers, casseroles, salsa, jam, cream, juices, smoothies, and more. Some recipes were sweetened with fruits, while others used a good bit of maple syrup or coconut sugar. Overall, I found this cookbook helpful for cooking for vegan friends and finding new ideas for healthy dishes. I received an ebook review copy of this book from the publisher through NetGalley.

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