



**The Complete Guide to Even More Vegan Food Substitutions: The Latest and Greatest Methods for Veganizing Anything Using More Natural, Plant-Based Ingredients \* Includes More Than 100 Recipes!**

*Celine Steen, Joni Marie Newman*

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Expert vegan author team Celine Steen and Joni Marie Newman are back to provide vegans with an extremely informative and resourceful guide that will increase readers' confidence in the kitchen and help them create fantastic vegan meals. *The Complete Guide to Even More Vegan Food Substitutions* focuses on the latest new ingredients and substitutions readers can use to create stellar, plant-based meals at home, from any recipe.

Did you know, for instance, that chia seeds can be used not only as an egg substitute and gelling agent, but in ice creams, baked goods, jams, and even cheeses? Or that coconut oil can easily be used to replace commercial vegan butters? How about making some decadent whipped cream from coconut cream? Or subbing savory jackfruit for shredded meat and French lentils for burgers?

Inside, readers will learn how to not only *substitute* for dairy, eggs, meat, seafood and more (using more natural and vegetable-centric ingredients), but also how to *make* their own all-natural versions of these foods. While some of the ingredients and techniques discussed in the original book bear repeating, *The Complete Guide to Even More Vegan Food Substitutions* stands rightly on its own two feet, no matter if you're a new vegan or an old pro. Transitioning to the vegan lifestyle has never been easier!

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**Cindy Grant:**

People live in this new day time of lifestyle always make an effort to and must have the spare time or they will get wide range of stress from both daily life and work. So , whenever we ask do people have spare time, we will say absolutely yes. People is human not really a robot. Then we ask again, what kind of activity are there when the spare time coming to an individual of course your answer can unlimited right. Then ever try this one, reading textbooks. It can be your alternative in spending your spare time, the particular book you have read will be The Complete Guide to Even More Vegan Food Substitutions: The Latest and Greatest Methods for Veganizing Anything Using More Natural, Plant-Based Ingredients \* Includes More Than 100 Recipes!.

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