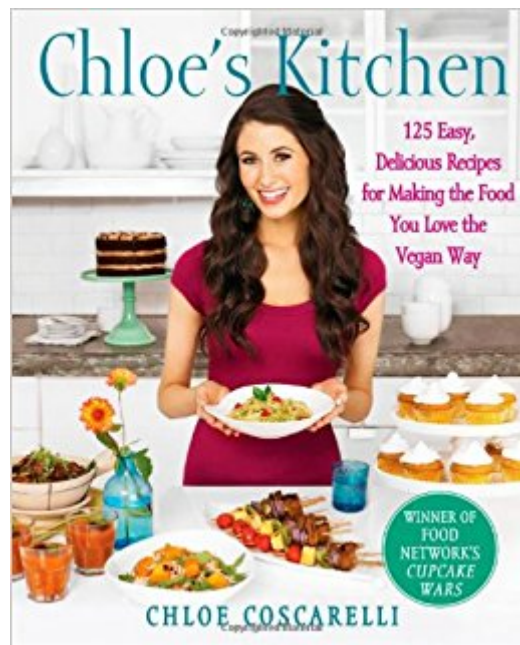




Ebook Directory
the best source of ebook

The book was found

Chloe's Kitchen: 125 Easy, Delicious Recipes For Making The Food You Love The Vegan Way



Synopsis

Enter Chloe's Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Network's hit show *Cupcake Wars*, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of America's favorite foods. Whether you're newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, you'll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloe's first-ever cookbook, illustrated throughout with gorgeous full-color photos of the mouthwatering dishes, offers helpful advice on how to set up your own kitchen for stress-free, healthful eating, as well as nutritional information, with support from the foreword by well-known physician Neal D. Barnard, M.D. Foodies of all stripes will revel in the huge array of incredibly appetizing, inventive recipes, all made with easily available ingredients, from savory starters to decadent desserts. Her comforting macaroni and cheese, creamy Fettuccine Alfredo, crave-inducing sliders and fries, and adaptations of the most popular Chinese, Indian, and Mexican dishes will win over carnivores, omnivores, vegetarians, and vegans alike. With Chef Chloe, eating vegan doesn't mean giving up your favorite treats and flavors. Those with food allergies will appreciate the instructions throughout for making these meat-, egg-, and dairy-free recipes without gluten and soy, so everyone can enjoy them. And the icing on the (cup)cake is her renowned, coveted desserts—including the first publication of the recipes for her *Cupcake Wars* "winning vegan cupcakes"—the ultimate indulgence without busting your belt.

Book Information

Paperback: 288 pages

Publisher: Atria Books; Original edition (March 6, 2012)

Language: English

ISBN-10: 1451636741

ISBN-13: 978-1451636741

Product Dimensions: 7.4 x 0.6 x 9.1 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (476 customer reviews)

Best Sellers Rank: #10,969 in Books (See Top 100 in Books) #4 in Books > Cookbooks, Food & Wine > Baking > Biscuits, Muffins & Scones #41 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

First I must say I am not a vegan but I am trying to eat less meat and I am working towards a mostly plant based diet. I have been waiting for Chloe's book for so long, I pre-ordered and was thrilled when I received it. I had made some of Chloe's recipes that she had posted on her blog and her Facebook page and they were absolutely delicious and so easy! I am not a beginner but these recipes could easily be handled by someone with less experience. I made her maple roasted brussel sprouts with toasted hazelnuts last night and they were fabulous! I am looking forward to making a cinnamon chocolate chip cookie recipe tonight. There are so many things I love about her book that I don't know where to start; her recipes are clearly written and her food is just delightful, everything I have made has turned out well and makes me even more excited to try something new. Another great part of her recipes is that they don't call for items that are hard to track down. I haven't run into a single ingredient that I haven't been able to find locally. She has a great variety of foods and they honestly all look delicious. I am not into vegan/vegetarian cookbooks that (heavily) rely on tofu and meat substitutes and hers doesn't either. There are a few recipes with tofu but many are hearty without always having a meat substitute. The photographs are beautiful and I love that she included a dog biscuit recipe too! I can easily see this becoming a favorite of mine. One more point that I was happy about, she didn't overlap her recipes that appeared on her blog in her book. Only one that was featured on the blog was in the book that I can recall so be sure to check out her blog for more.

I became vegan three years ago, after years of vegetarianism, because I am disgusted by the oppression, enslavement, and senseless murder of animals. From hearing Chloe talk about her love of animals and the associated reasons for becoming vegan, I believe that is what inspired her to write a vegan cook book. I do not think she considers herself to be a health guru. I know that she talks about this book from a health perspective, but that's because, well, a vegan diet IS comparatively healthy. "Health" is a relative word: is a potato healthy? When compared to what? It's not as healthy as kale, but it's healthier than french fries. Though Chloe does not shy away from oil or refined flours, a vegan diet is still one that is devoid of cholesterol, that is remarkably low in saturated fat, and that CAN be healthy, especially when compared to meat, milk, and eggs, and YES, even with the inclusion of indulgent recipes like the ones in this book. Personally, I don't purchase white flour, so all of the desserts I've made from this book so far have been made with white whole wheat or whole wheat pastry flour, and it's made no difference whatsoever. I cannot wait to try the mandarin orange salad this week, but I won't be adding the fried wontons. It's little

things like that that make this book so versatile. I have tons of vegan cook books, most of which are on the healthier side. I was ready for something different. I cook most of my meals and use overly processed foods very minimally. I have a diet that most would consider healthy. I don't eat a lot of sweets, eats tons of beans and veggies and whole grains, choose whole wheat over white, don't drink soda, rarely eat candy or sweets- the whole nine yards.

[Download to continue reading...](#)

Chloe's Kitchen: 125 Easy, Delicious Recipes for Making the Food You Love the Vegan Way Raw Vegan: How To Be A Raw Vegan Smart Ass (raw vegan, raw vegan cookbook, raw vegan food, raw vegan diet, vegan cookbook, vegan recipes, vegan diet, natural hygiene) Vegan Recipes: Vegan Bistro Recipes: 48 Delicious Bar Food & Soup Recipes (Vegan Recipes, Vegan diet, Vegan diet for beginners, how to lose weight fast, vegan cookbook, Weight loss for diabetics) Vegan: Vegan Diet For Beginners: 150 Delicious Recipes And 8 Weeks Of Diet Plans (Vegan Diet, Vegan Cookbook, Vegan Recipes, Vegan Slow Cooker, Raw Vegan, Vegetarian, Smoothies) THAI FOOD - VEGAN THAI RECIPES: VEGAN THAI RECIPES FOR THE SLOW COOKER - FRESH THAI FOOD VEGAN RECIPES FOR THE SLOW COOKER (VEGAN THAI SLOW COOKER - THAI FOOD VEGAN RECIPES Book 1) Vegan: Vegan Budget Cookbook: 33 Delicious Low-Cost Vegan Recipes, Quick and Easy to Make (Vegan Diet, Dairy Free, Gluten Free, Slow Cooker, Vegan bodybuilding, Vegan weight loss, Cast Iron) Vegan: Vegan Diet Recipes That You Cant Live Without (Vegan Slow Cooker, Vegan Weight Loss, Low Carb Cookbook, Slow Cooker Recipes, Vegan Cookbook, Paleo Diet, Vegan Recipes) Vegan: Vegan Diet Cookbook for Delicious and Healthy Recipes (Vegan Recipes, Vegan Cookbook, Vegan Diet, Delicious and Healthy Recipes) Vegan Recipes Cookbook - Top 200 Vegan Recipes: (Healthy Vegan Food, Weight Loss, Vegan Book, Vegan Diet, Green Food, Dinner, Lunch, Breakfast and Snacks) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) 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: The Vegan Slow Cooker Cookbook - Delicious, Savory Vegan Recipes for Your Slow Cooker (Vegan Slow Cooker, Vegan Slow Cooking) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Soap Making: 365 Days of Soap Making (Soap

Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) 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) VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegan Eating: 31 Steps to Become a Vegan: It is not Just About the Food - You Want to Be Healthy, Fit and Change your Diet. Here's How you do It (Health, Vegan Food, Green and Lean) Vegan Mastery Cookbook: Simple Vietnamese Spring Roll Recipes to Cook at Home (International Vegan Cookbook Series, Vegan Spring Rolls, Vietnamese Spring ... Vegan Recipes, How to Make Spring Rolls)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)