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Gena Hamshaw



Food52 Vegan download or read online Gena Hamshaw PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, An essential collection of hassle-free, vibrant vegan recipes, from the author behind Food52's wildly popular The New Veganism and Vegan Lunch columns.

Omnivore or vegan (or anywhere in between), we're all looking for memorable, flavorful dishes to cook for ourselves and the people we care about. If those recipes happen to be healthful, nourishing, and friendly to vegetarians and vegans, even better.

With her wildly popular New Veganism column on Food52, Gena Hamshaw has inspired home cooks to incorporate plant-based recipes into their everyday routine—and even gained some nutritional yeast and cashew cheese converts.

This vibrant collection of all-new recipes plus beloved favorites from the column—along with exquisite photography and helpful tips throughout—will show all of us innovative ways to cook with fresh produce and whole foods.

From Savory Breakfast Polenta to Cauliflower and Oyster Mushroom Tacos to Ginger Roasted Pears with Vanilla Cream, these recipes are delicious, dependable, and deeply satisfying. Cook from this book just a couple of times and you'll soon find yourself stocking up on coconut oil, blending your own nut milks, seeking the sweetest tomatoes at the market, and looking at plant-based dishes in a whole new way.

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