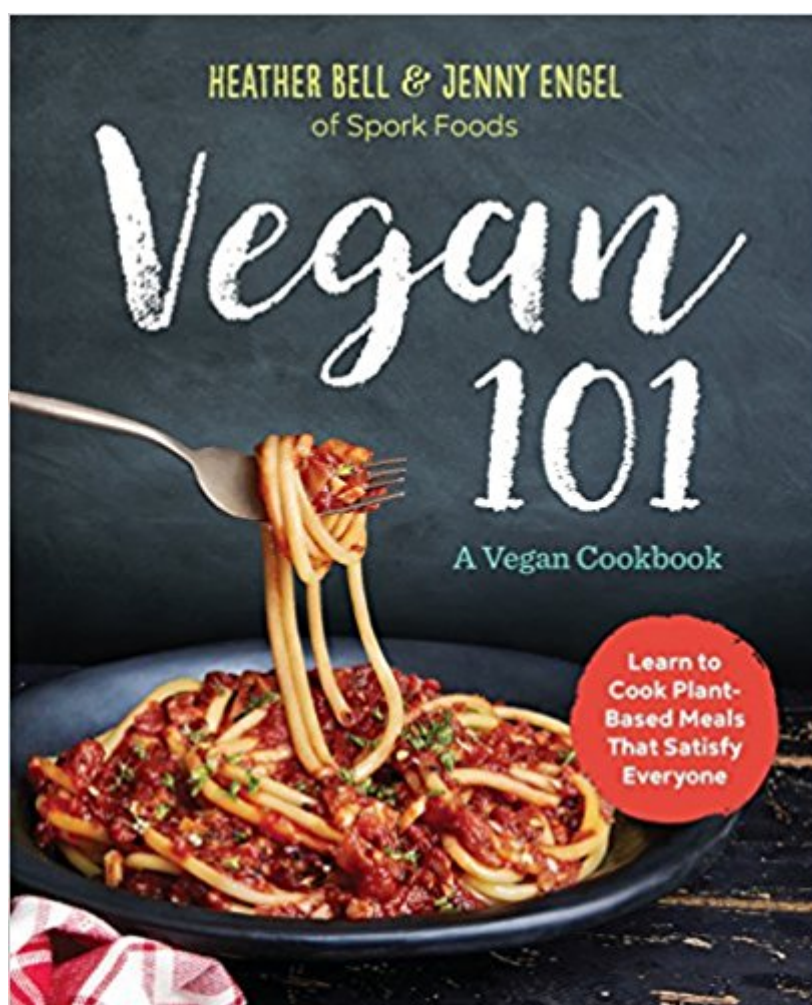


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# Vegan 101: A Vegan Cookbook: Learn To Cook Plant-Based Meals That Satisfy Everyone



## Synopsis

“Not only are the dishes in Vegan 101: A Vegan Cookbook so impressive that they rock the kitchen, they are easy-peasy to prepare—even for a big eater but cooking dunce like me!”  
—Ingrid Newkirk, President of PETA  
Now more than ever people are choosing to make vegan meals part of their regular rotation. But with so many vegan cookbooks and blogs available, knowing exactly how to start can be challenging. Vegan 101: A Vegan Cookbook is your crash-course in creating vegan meals that get an A+ in nutrition and taste. Here’s what’s on this vegan cookbooks syllabus: 100 totally plant-based recipes to make delicious vegan dishes like Apple Coffee Cake Muffins, Tortilla Soup with Ancho Green Topping, and Quick and Easy Red Bean Veggie Burgers. Expert guidance from vegan culinary instructors Jenny Engel and Heather Bell, owners of the popular LA-based vegan cooking school Spork Foods.  
“Take It From Us” testimonials offering valuable information from Jenny and Heather’s students, vegan and non-vegan alike. Chapters beginning with “Go-To Recipes” highlighting a popular vegan dish and three variations on it. No matter your skill level or regular diet, you’ll be at the top of your class with this standout among vegan cookbooks.  
“Now THIS is veganism! Vegan 101: A Vegan Cookbook is for anyone who is looking to eat healthier and more consciously but who may be slightly intimidated by the term ‘vegan.’ THIS BOOK WILL SAVE YOU!”  
—Katie, Customer

## Book Information

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## Customer Reviews

Praise for Vegan 101: Vegan food at its best! Jenny and Heather were making great vegan food way before it was trendy. In this book they help even those of us who are challenged in the kitchen make

something delicious. And that's no easy feat. ~ Sara Gilbert, Actress and Producer  
Vegan 101 is the perfect starter guide for the new vegan as well as a great cookbook for inexperienced and advanced cooks alike. The beautiful pictures inspire even a vegan non-cook like me to pick up a frying pan and get cooking!  
~ Dr. Jenn Mann, TV Personality, Celebrity Therapist, Entrepreneur  
Oh la la, that French pistou soup beats the best on the French Riviera! And the desserts! Not only are the dishes in Vegan 101 so impressive that they rock the kitchen, they are easy-peasy to prepare, even for a big eater but cooking dunce like me!  
~ Ingrid Newkirk, President of PETA  
I love the women of Spork Foods for providing delicious and easy to make yummy vegan recipes! Sometimes people are scared to try vegan, let alone try cooking vegan. So the fact that these recipes can fulfill great taste and don't require too much time in the kitchen is always something to look forward to!  
~ Krystal Bee, on-air personality for The Cruz Show on Power106  
Praise for Spork Foods from Heather & Jenny  
~ Students: Jenny and Heather are the Car Talk of vegan cooking. You spend the entire class laughing, and on the way out are amazed to realize how much you've learned.  
~ Asher B.  
Heather and Jenny are creative geniuses in the kitchen. Every one of their recipes that I have made has been easily executed and left my non-vegan diners wanting more. They are educators, entertainers, and chefs who make you feel like part of their family.  
~ Jenn K. Heather and Jenny make every class so accessible, fun, and delicious that I forget that I was once totally intimidated by the concept of vegan cooking.  
~ Jim H.  
The classes are peppered with intelligent facts and fun, useful techniques to make your journey into plant-based food as seamless as possible. I've been telling my patients that cooking with Spork exceeded my expectations about learning how to combine common ingredients to create unexpected and highly fulfilling meals.  
~ Aydin B.  
Jenny and Heather's classes are the tipping point to you accidentally converting your whole family to plant-based food.  
~ Cole M.

JENNY ENGEL and HEATHER BELL own and operate Spork Foods, a Los Angeles-based gourmet vegan food company. Their cuisine emphasizes organic, local, and seasonal ingredients. They offer organic vegan cooking classes, in-home healthy eating consultations, private cooking parties, corporate trainings and demos, team-building cooking classes, and more. Jenny is a graduate of the Natural Gourmet Institute in NYC. She and Heather are the authors of Spork-Fed.

I am not a fan of this. I am a new vegan and was looking for healthy plant based recipes. Most of these recipes include a ton of processed ingredients (vegan alternatives to cheese, bacon, pork,

cream cheese and so on). I could see myself using this once in a great while on what I call a "cheat day" where I treat myself but for someone who is trying to eat a healthier diet on a regular basis, this won't be for you.

Delicious and Easy! I absolutely love this book. I'm a total kitchen novice, always following the recipe. Repeatedly I am amazed that I can make such yummy food that is healthy and my carnivore boyfriend absolutely loves. We both find ourselves saying, "I can't believe this is Vegan." I would definitely recommend this cookbook to carnivores who want a new tasty and healthy spin. For my first Vegan 101 recipe, Velvety Kale Soup, I decided to go super healthy to see if the final result was equally yummy. Packed full of kale and spinach, I had my doubts, but the soup was beyond delicious. Finally a way I can actually eat kale! I also love how the first recipe of each section provides multiple variations of the recipe because 1) If you don't dig Velvety Kale Soup you can make Creamy Butternut Squash Soup and 2) The multiple variations helps me learn the overall recipe better for making faster in the future. So far I've made 5 different dishes, and I can't wait to dive in more. The ideas and recipes are super clever and varied for so many occasions. Vegan 101 is definitely becoming my go-to cookbook. Thank you Spork Foods - Heather & Jenny!

This cookbook is good if you want to learn to start using different vegan ingredients but it was not what I wanted. The title implied that it would be very basic cooking. I wanted a cookbook that I could give as a gift to a beginning cook, and I hoped for lots of basic vegan recipes using beans, quinoa, and vegetables. This is much too overwhelming for a new cook. It has too many ingredients and too many steps.

We are satisfied with our product

Now THIS is veganism! Vegan 101 is for anyone who is looking to eat healthier and more consciously but who may be slightly intimidated by the term "vegan." THIS BOOK WILL SAVE YOU! I've been a vegetarian for 20 years now. If only I had something like this to guide me when I was trying to figure out what was what in the veg-cooking world. The Spork Sisters break it down bit-by-bit in a fun and entertaining way. These gals are smart, savvy, and they care about health and the planet Earth. Plus, look at the photos! Just fabulous! Really, you'll want to eat the pancakes off the page. Even if you're not big on cooking, this book will inspire you to get in the kitchen and create! I am so excited for these easy, straight-forward, and delicious recipes that ANYONE could

dive into. Even the most stubborn meat-eater will love what Vegan 101 offers. Kudos to the Spork Sisters for making veganism cool, accessible, fun, and doable! Y'all rock.

good recipes..

Good!

Book in great shape.

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