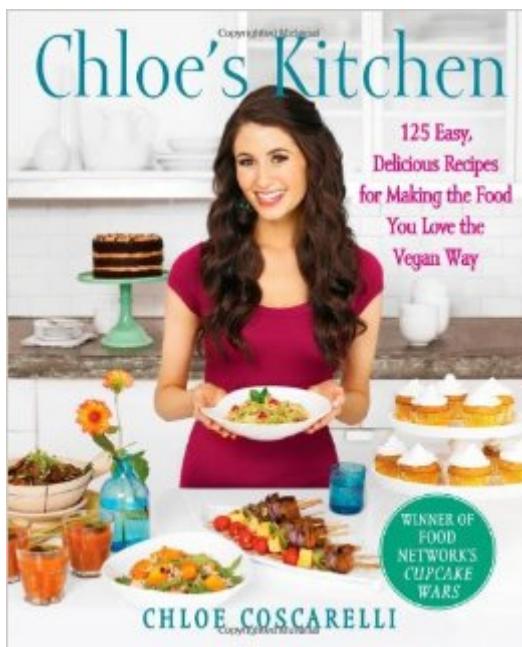


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Chloe's Kitchen: 125 Easy, Delicious Recipes For Making The Food You Love The Vegan Way



Synopsis

Enter Chloeâ™s Kitchen for delicious vegan recipes everyone will love. Chloe Coscarelli, the first-ever vegan chef to win Food Networkâ™s hit show Cupcake Wars, brings her trademark energy to this fun and healthy cookbook, including animal-free reinterpretations of 125 of Americaâ™s favorite foods. Whether youâ™re newly transitioning to veganism, a long-time vegetarian looking for some new ideas, or a busy mom introducing Meatless Mondays to her family, youâ™ll find quick and easy recipes that will convert even the most reluctant to the delicious rewards of a plant-based diet. Chef Chloeâ™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 doesnâ™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 dessertsâ™ including the first publication of the recipes for her Cupcake Warsâ™ winning vegan cupcakesâ™ the ultimate indulgence without busting your belt.

Book Information

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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.

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