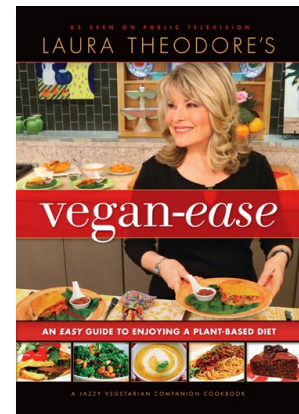


LAURA THEODORE'S VEGAN-EASE *An Easy Guide to Enjoying a Plant-Based Diet*

In this comprehensive cookbook, Laura Theodore, the award-winning host of public television's *Jazzy Vegetarian*, brings us full menu plans, shopping lists, and over 130 delicious, quick-and-easy recipes, each complete with nutritional analysis. Enhanced by over 200 full-color photographs, each recipe is ranked with an *Ease-Factor* to make it easy to choose dishes that fit into any busy schedule. **Laura Theodore's Vegan-Ease** includes all you need to know to embrace cost-saving, healthy, and delicious plant-based meals for you and your family.



Based on her experiences leaving the food mecca that is New York City for the wilds of rural New Jersey, Laura created this ultimate cookbook *and* guide to show how anyone can easily – and *economically* – create delectable, quick and easy, plant-based dishes to be enjoyed by any foodie, whether omnivore, vegetarian, or vegan.

Featuring recipes prepared with ingredients found at any supermarket, like "*Hungry Guy*" Burgers with *Baked Steak Fries*, *Not-So-Crabby Cakes*, *Mac 'n Peas with Creamy Butternut Squash Sauce*, *Peanut-Butter Chocolate Mousse* and *Lemon "Buttermilk" Cake*, **Laura Theodore's Vegan-Ease** offers every cook an easy, fresh approach to compassionate, mindful – and *healthy!* – eating.

HIGHLIGHTS OF LAURA THEODORE'S VEGAN-EASE:

- Large full-color photographs of recipes
- Comprehensive nutritional information for each recipe, compiled by registered dietitian, Mitali Shah-Bixby, so you know how well you and your family are eating
- Expert nutritional guidance for vegans from Julieanna Hever, MS, RD, CPT
- *Ease-Factor* ranking for each recipe helps you plan your meals to fit your schedule
- Colorful, well laid-out presentation and in-depth index
- Many recipes with five ingredients or less
- Full chapter devoted to *stress-free* holiday recipes
- Twelve full menu plans for any occasion
- Basic shopping lists to help cut costs at the grocery store
- Helpful cooking and lifestyle tips throughout the book
- Recipes range from lighter fare to hearty and satisfying
- Two chapters devoted entirely to healthy, easy-to-prepare desserts and sweet treats
- Foreword by *Mainstreet Vegan* author, Victoria Moran

