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Vegetarian Times Magazine

AARP Everything Vegan Vegetarian Times Magazine
A diverse and delicious collection of vegan recipes from the experts at *Vegetarian Times* magazine

Whether they're vegan for a day, a week, a lifetime, or even just for lunch hour, the demand among vegans for deliciously satisfying animal-free recipes has never been greater. *Vegetarian Times Everything Vegan* is the something-for-everyone vegan cookbook with hundreds of tasty, healthful recipes that will woo omnivores to the possibilities of plant-based eating while wowing committed vegans and vegetarians. Beautifully illustrated and accompanied by a thoughtful and informative Foreword by noted authority Neal D. Barnard, MD, *Vegetarian Times Everything Vegan* is a must-have resource for anyone who lives vegan, loves cooking, or is looking for healthy meal ideas with proven weight-loss benefits. Inside, you'll find:

- 250+ easy, healthful recipes with nutrition information
- 50+ beautiful full-color photos
- Features, tips, and sidebars that provide helpful hints on food shopping, prepping ingredients, and speeding up cooking times

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