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Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power

Jackie Sobon

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Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power Jackie Sobon Combine vegetables, protein, and whole grains in one dish to make a simple, complete, and nutritious meal with Vegan Bowl Attack!

Bowl food. It's a hash tag. It's a buffet for one. It's a way of life.

Simple and nourishing, vegan bowls are where it's at. Perfect for workday lunches, simple dinners, and even breakfast, these are meals so good you'll soon forget plates even exist.

Inside you'll find more than 100 one-dish, plant-based bowls that feed every whim and fancy, created for you by author and vegan blogger extraordinaire Jackie Sobon. You don't have to be vegan to enjoy these recipes - you just need to love food! They're hearty and delicious, and sure to please any appetite. We're talking about:

Peanut Butter Pretzel Oatmeal

Biscuit Nacho Bowl

Tex-Mex Potato Salad

Spicy Sesame Brussels Bites

Smoky Corn Chowder Bread Bowl

Mean Green Ramen

Kimchi Bowl with Red Curry Almond Sauce

Spicy Sushi Bowl

Raw Apple Crisp

S'mores Pudding Bowl

Grab your bowl, your appetite, and this book, and get ready to dig in! Forks and spoons optional.

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