

The Vegan Stoner Cookbook: 100 Easy Vegan Recipes to Munch

By Sarah Conrique, Graham I. Haynes



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A collection of vegan recipes so simple to make that even a stoner could prepare them, this highly illustrated cookbook from the creators of *The Vegan Stoner* food blog proves that going vegan can be fun, cheap, and easy.

The Vegan Stoners, Sarah Conrique and Graham Haynes, write, cook, and illustrate in a world filled with eccentric--and slightly uncouth--vegetable characters. Now they invite home cooks into this universe of indie veganism, presenting foolproof recipes that will be a hit with every slacker, penny-pincher, and hipster on the block. With easy recipes for breakfast, lunch, dinner, and munchies, this is a gateway cookbook for anyone who wants to eat fewer animal products and more veggies.



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Editorial Review

About the Author

SARAH CONRIQUE and GRAHAM I. HAYNES are the creators of TheVeganStoner.com. They are also the founders of Simple Gestures Design Studio, where they produce graphic designs for a diverse clientele.

Excerpt. © Reprinted by permission. All rights reserved. Introduction

ve·gan ston·er [vee-guhn stoh-ner] — noun: one who satisfies the munchies with resourceful, creative, instinctive cooking without using animal products.

These recipes are designed to make vegan cooking fun, feasible, quick, and on a dime. Each recipe—for a sauce, a stuffing, or a base—is a potential component in your personal munchie menu. Mix and match with confidence. Substitute ingredients and flavors to personalize dishes for you, for two, or for a party. Explore the depths of your creativity.

There will be moments when you will be in doubt. Trust yourself, dig in with your fingers, and grab what feels right. Pay attention to consistency, texture, smell, and, most importantly, your taste buds. In time you will rely less on exact measurements and more on instinct.

Don't be afraid to go where no one in your kitchen has gone before. Cook for yourself, and know that the only success in cooking is when you have fun.

Users Review

From reader reviews:

Mary Conley:

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