



Plant-Based Cookbook

Trish Sebben-Krupka

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Plant-Based Cookbook includes 200 satisfying and delicious meatless, dairy-free recipes — plus everything you need to know to transition easily to a plant-based diet.

The health benefits of a plant-based diet are at your fingertips in this all-inclusive cookbook with 200 hearty vegetarian and vegan recipes, from basics such as stocks and sauces to appetizers, meatless mains, bakes and casseroles, grains and pasta, tofu, tempeh, and seitan, desserts, and more.

The *Plant-Based Cookbook* also provides nutritional information, tips on transitioning to a plant-based diet, making your favorite recipes meat-free, sources of protein, cooking techniques and tools, and advice for the newbie on easy-to-do plant-based cooking.

Whether by choice or by a doctor's orders, you will get all of the information you need in the *Plant-Based Cookbook* to make satisfying meals — without the meat and dairy focus.

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