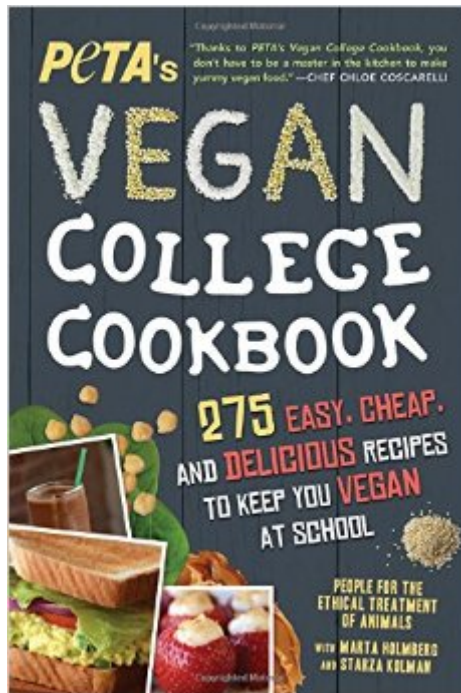


The book was found

PETA'S Vegan College Cookbook: 275 Easy, Cheap, And Delicious Recipes To Keep You Vegan At School



Synopsis

You can have the simplest, tastiest vegan recipes on a budget • and the best part is, the most complicated kitchenware you'll ever need is a microwave. Including more than 250 recipes, we've got all the best insider info: - Vegan alternatives to meat, eggs, and milk- How to stock your kitchen/mini-fridge- How to make meat-free sandwiches, salads, soups, and sauces- Fun meal recipes, such as Fettuccine Alessandro, Walking Tacos, and Pancake in a Mug- The best drinks, dips, and dressings- Unbelievable vegan dessert recipes- Spotlight sections on the staples we love: peanut butter, potatoes and Ramen- And much, much more!With new tips and treats to suit even the pickiest palate, this is the essential college cookbook for every vegetarian or vegan on a budget. Remember: You have the power to save animals-every time you eat. We can show you how!

Book Information

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Customer Reviews

I have been a vegan for over 25 years and even though I am way past my college years, I was curious to see what the recommendations for college students was for eating. During my college days, I was vegetarian, not vegan which, was a good thing as there were already too many limitations to what I could find in the cafeteria in my dorm! I lived on a pathetic salad bar and pizzas that I had delivered on almost a daily basis. I sure wish this cookbook would have been around when I was in college. Although, my dorm didn't have a microwave which, many of these recipes require. I am sure there is easy access to one now a days. I did however, have a small refrigerator in my room where I stored my leftover pizza. How did you reheat it, you ask? I didn't, I ate it

cold! LOL! The advice to vegan college students in this cookbook is good. It goes over what students should keep in their "pantry" and points out some of the things they might be able to get in their cafeteria. Some of the ingredients weren't even around back when I was in college, such as the vegetarian meat alternatives. We have come a long way! None of the recipes require a stove, just a microwave. However, there were some that required a blender. How much space do they think students have in a dorm room? LOL! They need a refrigerator/freezer, microwave, and blender. Plus they need a space to prepare the food. I can tell you that my room was tiny and I had a roommate. I tried making a few of the recipes myself including the "Breakfast Parfait" "Pancake In a Mug", and "Freshman Frittata". The parfait was the easiest and taste good. The pancake in a mug was acceptable, if a stovetop isn't an option but it was a bit on the rubbery side. I didn't care for the frittata at all.

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