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Vegan on the Go: Fast, Easy, Affordable Anytime, Anywhere (Paperback)

By Jérôme Eckmeier

DK Publishing (Dorling Kindersley), 2017. Paperback. Condition: New. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible. Brand New Book. Create delicious vegan meals quickly with this handy on-the-go recipe book that makes eating away from home fun and easy. Eat vegan anytime, anywhere with Vegan on the Go. With over 100 nutritious recipes and healthy lunch ideas, your desk lunch will never be sad again. Eat vegan snacks, soups, salads, sandwiches, hearty mains, and desserts with meals created by vegan authors Jerome Eckmeier and Daniela Lais. Vegan is more than just salads. Try out simple and super-convenient recipes for quinoa chili, soba noodle summer rolls, chia and almond pizza, and vegan hot dogs. Plus, satisfy your sweet tooth with delicious vegan desserts, including fruity macadamia nut cream, and chocolate mini cakes. Vegan on the Go arms you with a list of ingredients to stock in your kitchen so that you can prepare and pack meals easily. With transportation tips and tricks, your meals will stay fresh and they won't get soggy. Know exactly how long prep and cook time will take to make each...



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