



Vegan Bites: Recipes for Singles

Beverly Lynn Bennett

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Cooking for 1 or 2 and being vegan can be a challenge, especially when you first begin. Vegan Bites is geared towards teens and those in their 20's who want to embrace a compassionate, green lifestyle. With these delicious recipes fast food and take-out need no longer be the main source of food. Beverly Lynn Bennett provides over one hundred easy-to-make recipes that encompass a wide variety of foods and cuisines with selections for every skill level and schedule. Prep time and leftovers are kept to a minimum. Local, organic and seasonal ingredients are emphasized whenever possible. From Fabulous Flapjacks, Hacienda Home Fries and Sun-dried Tomato Couscous to Mexican Maize and Quinoa Medley, Vibrant Vegetable Cornucopias and Pad Thai, you'll find all your favorites and more. Includes a week of sample menus to provide ideas for meal planning. With sound advice on how to shop economically, fulfill nutritional needs, and stock the pantry with essentials, the vegan lifestyle will be made easy and your choice validated.

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Homer Simon:

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Lynda Alford:

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