

ben's vegan kitchen recipes

ben's vegan kitchen recipes offer a diverse and flavorful approach to plant-based cooking that appeals to both vegans and those seeking healthier meal options. This collection emphasizes easy-to-make dishes that do not compromise on taste or nutrition. From hearty mains to vibrant sides and satisfying desserts, ben's vegan kitchen recipes incorporate whole foods, fresh ingredients, and creative techniques to elevate everyday meals. The recipes are designed to be accessible, using common pantry staples and seasonal produce, making them suitable for all skill levels. Throughout this article, readers will explore a variety of recipes that highlight the versatility of vegan cuisine. Additionally, tips on cooking methods and ingredient substitutions will be discussed to enhance the cooking experience. Here is an overview of what to expect in the following sections.

- Overview of Ben's Vegan Kitchen Recipes
- Popular Vegan Main Dishes
- Delicious Vegan Side Dishes
- Sweet Treats and Desserts
- Cooking Tips and Ingredient Substitutions

Overview of Ben's Vegan Kitchen Recipes

Ben's vegan kitchen recipes focus on creating nutritious, flavorful meals that celebrate plant-based ingredients. These recipes are crafted with an emphasis on simplicity and taste, ensuring that vegan cooking is accessible and enjoyable. The approach combines traditional cooking techniques with innovative uses of vegetables, legumes, grains, and spices to deliver diverse dishes. Each recipe prioritizes whole, unprocessed foods, aligning with health-conscious dietary preferences. The versatility of ben's vegan kitchen recipes allows for customization to accommodate different tastes and dietary needs. This foundation encourages experimenting with flavors and textures, making the kitchen a space for culinary creativity and wholesome eating.

Popular Vegan Main Dishes

Main dishes in ben's vegan kitchen recipes showcase hearty, satisfying meals that can serve as the centerpiece of any dining occasion. These recipes are designed to be filling and nutrient-rich, often featuring protein-packed ingredients such as beans, lentils, tofu, and tempeh. The use of bold herbs

and spices enhances the natural flavors of the components, providing well-rounded taste profiles. Below are some standout examples of popular vegan main dishes inspired by ben's kitchen.

Hearty Lentil and Vegetable Stew

This stew combines lentils, carrots, celery, and tomatoes with aromatic herbs to create a comforting and wholesome meal. The lentils provide plant-based protein and fiber, while the vegetables contribute vitamins and minerals. Slow simmering allows the flavors to meld, resulting in a rich and satisfying stew suitable for cooler days or meal prepping.

Tofu Stir-Fry with Seasonal Vegetables

A quick and versatile dish, the tofu stir-fry highlights the texture of firm tofu paired with crisp vegetables such as bell peppers, broccoli, and snap peas. A savory sauce made from soy sauce, garlic, and ginger ties the ingredients together, producing a balanced, nutrient-dense entree. This recipe is ideal for busy weeknights when a fast, flavorful dinner is needed.

Chickpea and Spinach Curry

Featuring chickpeas and fresh spinach cooked in a fragrant blend of spices and coconut milk, this curry offers a creamy and rich taste experience. The dish is high in protein and iron, making it both delicious and nourishing. Served over rice or with flatbread, it is a popular choice for those seeking comfort food with a plant-based twist.

Delicious Vegan Side Dishes

Complementing the main courses, ben's vegan kitchen recipes include a variety of side dishes that enhance the overall meal. These sides focus on fresh, seasonal vegetables, grains, and legumes prepared in innovative ways. Each side dish is crafted to add texture, color, and flavor, creating balanced plates that satisfy all the senses.

Roasted Brussels Sprouts with Balsamic Glaze

Brussels sprouts are roasted until caramelized and tender, then drizzled with a tangy balsamic glaze. This preparation accentuates the natural sweetness of the vegetable while adding a savory depth. The dish serves as an excellent side to heartier entrees, balancing richness with brightness.

Quinoa Salad with Fresh Herbs and Lemon

This light and refreshing salad combines fluffy quinoa with parsley, mint, and a zesty lemon dressing. Additional ingredients like cherry tomatoes and cucumbers add crunch and color. Rich in protein and fiber, this salad is both nutritious and palate-pleasing, ideal for warm-weather meals.

Garlic Mashed Cauliflower

A lower-carb alternative to traditional mashed potatoes, garlic mashed cauliflower is creamy and flavorful. The addition of roasted garlic infuses the dish with depth, while a touch of plant-based milk ensures the perfect texture. This side is comforting and pairs well with a variety of main courses.

Sweet Treats and Desserts

Ben's vegan kitchen recipes extend beyond savory dishes to include indulgent yet wholesome desserts. These sweets use natural sweeteners and plant-based ingredients to create satisfying treats without compromising dietary preferences. The focus is on achieving rich flavors and pleasing textures using ingredients like nuts, fruits, and alternative flours.

Chocolate Avocado Mousse

This dessert blends ripe avocados with cocoa powder and maple syrup to produce a creamy, chocolatey mousse. It is rich in healthy fats and antioxidants, providing a guilt-free indulgence. The mousse requires minimal preparation and can be garnished with fresh berries or nuts for added texture.

Lemon Cashew Cheesecake

Made with soaked cashews, lemon juice, and a date-sweetened crust, this no-bake cheesecake offers a tangy and creamy dessert option. The recipe avoids dairy and refined sugars, focusing on whole-food ingredients to deliver flavor and nutrition. It is perfect for special occasions or everyday enjoyment.

Banana Oat Cookies

Simple yet delicious, these cookies use mashed bananas and oats as a base, sweetened naturally with a touch of cinnamon and optional raisins or nuts. They bake quickly and provide a healthy snack or dessert option that is free

from refined flour and added sugars.

Cooking Tips and Ingredient Substitutions

To maximize the success of ben's vegan kitchen recipes, understanding key cooking tips and suitable ingredient substitutions is essential. These practices ensure that recipes remain adaptable and accessible regardless of pantry contents or dietary modifications. Attention to technique and ingredient quality enhances the final dish's flavor and texture.

Protein Alternatives

In vegan cooking, protein sources can vary widely. When recipes call for tofu, tempeh, or legumes, alternatives such as seitan, textured vegetable protein, or edamame can be used depending on availability and preference. These substitutions maintain the protein content while offering diverse textures.

Plant-Based Dairy Replacements

Many recipes utilize plant-based milk, yogurt, or cheese substitutes. Common options include almond milk, coconut yogurt, and cashew cheese. These alternatives provide similar creaminess and tang, allowing recipes to remain fully vegan without sacrificing flavor.

Enhancing Flavor with Herbs and Spices

Herbs and spices are crucial in ben's vegan kitchen recipes to build complex flavors. Fresh herbs like cilantro, basil, and parsley, combined with spices such as cumin, smoked paprika, and turmeric, contribute aroma and depth. Toasting spices before use can further intensify their impact.

List of Essential Pantry Items for Vegan Cooking

- Dried or canned beans and lentils
- Whole grains such as quinoa, rice, and oats
- Plant-based oils like olive oil and coconut oil
- Nut butters and nuts for texture and protein
- Various herbs and spices for seasoning

- Plant-based milks (almond, soy, oat)
- Flours such as chickpea flour or whole wheat flour
- Natural sweeteners like maple syrup and dates

Frequently Asked Questions

What are some popular recipes from Ben's Vegan Kitchen?

Popular recipes from Ben's Vegan Kitchen include vegan mac and cheese, jackfruit tacos, creamy mushroom risotto, and chickpea curry.

Are Ben's Vegan Kitchen recipes suitable for beginners?

Yes, many of Ben's Vegan Kitchen recipes are designed to be simple and easy to follow, making them suitable for beginners in vegan cooking.

Does Ben's Vegan Kitchen offer gluten-free vegan recipes?

Yes, Ben's Vegan Kitchen includes several gluten-free vegan recipes or provides options to substitute gluten-containing ingredients.

How can I make Ben's Vegan Kitchen recipes more protein-rich?

To make Ben's Vegan Kitchen recipes more protein-rich, you can add ingredients like tofu, tempeh, chickpeas, lentils, or vegan protein powders.

Where can I find Ben's Vegan Kitchen recipes online?

Ben's Vegan Kitchen recipes can be found on their official website, social media platforms, and popular recipe-sharing websites.

Are the ingredients in Ben's Vegan Kitchen recipes easily available?

Yes, Ben's Vegan Kitchen focuses on using common and accessible plant-based ingredients that can be found in most grocery stores.

Can Ben's Vegan Kitchen recipes be customized for different dietary needs?

Absolutely, many of Ben's Vegan Kitchen recipes can be adapted to accommodate allergies, low-fat preferences, or other dietary restrictions.

Additional Resources

1. *Ben's Vegan Kitchen: Plant-Powered Comfort Food*

This cookbook offers a collection of hearty and satisfying vegan recipes that bring comfort to your table. Ben focuses on accessible ingredients and simple techniques, making plant-based cooking approachable for everyone. From creamy pastas to rich stews, each dish is designed to nourish and delight.

2. *Ben's Vegan Kitchen: Quick & Easy Weeknight Meals*

Perfect for busy lifestyles, this book features fast and flavorful vegan recipes that can be prepared in under 30 minutes. Ben emphasizes wholesome, whole-food ingredients that are both nutritious and budget-friendly. Enjoy a variety of dishes that prove vegan cooking doesn't have to be complicated.

3. *Ben's Vegan Kitchen: Global Flavors Made Simple*

Explore international vegan cuisine with Ben's take on recipes inspired by flavors from around the world. This book includes vibrant dishes that bring together spices, herbs, and fresh produce to create exciting meals. Each recipe is designed to be straightforward and satisfying, perfect for adventurous eaters.

4. *Ben's Vegan Kitchen: Baking Without Boundaries*

Discover the art of vegan baking with Ben's collection of sweet and savory recipes. From fluffy muffins to decadent cakes, this book guides you through using plant-based ingredients to create delicious baked goods. It's ideal for anyone looking to enjoy dessert without dairy or eggs.

5. *Ben's Vegan Kitchen: Seasonal Harvest Recipes*

Celebrate the bounty of each season with recipes that highlight fresh, seasonal produce. Ben's creative dishes emphasize natural flavors and sustainable cooking practices. This book encourages mindful eating and offers tips for sourcing local ingredients year-round.

6. *Ben's Vegan Kitchen: Meal Prep for a Healthy Week*

Stay organized and healthy with Ben's meal prep strategies and recipes designed for busy weeks. This book includes make-ahead breakfasts, lunches, and dinners that keep well and taste great. Learn how to save time in the kitchen without sacrificing nutrition or flavor.

7. *Ben's Vegan Kitchen: Decadent Dairy-Free Desserts*

Indulge in luscious desserts that are completely dairy-free and vegan-friendly. Ben shares recipes for everything from creamy puddings to rich chocolate treats, all made with plant-based ingredients. This book is perfect

for satisfying your sweet tooth while maintaining a vegan lifestyle.

8. *Ben's Vegan Kitchen: Protein-Packed Plant Meals*

Focus on high-protein vegan meals that fuel your body and delight your palate. Ben offers recipes that incorporate legumes, grains, nuts, and seeds to ensure you get ample plant-based protein. This collection is great for athletes, fitness enthusiasts, or anyone looking to boost their protein intake.

9. *Ben's Vegan Kitchen: Family-Friendly Plant-Based Recipes*

Designed with the whole family in mind, this book contains kid-approved vegan recipes that everyone will love. Ben emphasizes simple flavors and fun presentations to make mealtime enjoyable for all ages. It's a wonderful resource for families transitioning to a plant-based diet together.

Ben S Vegan Kitchen Recipes

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ben s vegan kitchen recipes: *Natural Vegan Kitchen* Christine Waltermeyer, 2011-04-11 Christine Waltermeyer, founder and director of the Natural Kitchen Cooking School, shows why nothing can equal the flavors of fresh, seasonal, local and organic ingredients to make a meal that's luscious and satisfying. And one that delivers more nutritional bang for your buck with more vitamins and minerals and no chemical residues. This style of cooking empowers readers with the skills and knowledge to create radiant health. And with chapters such as Noodlemania, Casserole City, and Great Bowls of Fire, Ballads for Salads, Radiant Grains, and Don't Peek, I'm Dressing, fun is back in the kitchen. Meals are designed drawing from a rainbow of colors that represent the entire plant kingdom. Readers also learn about which whole foods are natural beauty aids that promote shiny hair, clear skin, strong nails, and boost your metabolism.

ben s vegan kitchen recipes: *So Vegan: EASY SO VEGAN*, Roxy Pope, Ben Pook, 2023-12-28 Get your hands on the must-have guide for all things, QUICK, EASY AND VEGAN 'These speedy, fuss-free plant-based dinners use ingredients already in your cupboard' Take a Break SO VEGAN's Roxy Pope and Ben Pook believe the food we choose to eat can have a positive impact on our planet and our health. But not just any old food. They're talking about simple and speedy plant-based meals, which you'll find right here in EASY - a collection of 100 irresistible vegan recipes designed to be nutritious, delicious and totally fuss-free. - Creamy Pesto Rosso Gnocchi - Teriyaki Meatball Ramen - Barbecued Mushroom Tacos - Lemongrass + Coconut Curry - Harissa Bolognese - Red Pepper Tapenade Baguette Pizzas - Sloppy Joe Quesadillas - Goopy Chocolate Brownies With chapters covering speedy midweek meals, healthy but hearty weekend dinners and indulgent

desserts, discover the EASY way to eat mouth-watering, plant-based meals every day of the week.

ben s vegan kitchen recipes: My Regenerative Kitchen Camilla Marcus, 2024-10-10 WITH A FOREWORD FROM ALICE WATERS, visionary chef and owner of Chez Panisse “With My Regenerative Kitchen, Camilla leads us with passion and confidence toward a brighter, healthier, and more delicious future for our families and our planet.”—Gail Simmons, food expert and TV host; author of *Bringing It Home* Over 100 delicious, healthy recipes using regeneratively grown ingredients and sustainable techniques from the chef and founder of west~bourne When we honor the Earth, we nurture our own health—the true meaning of regeneration. By finding harmony between our soil and soul, we can make small yet impactful shifts in our cooking and lifestyle to support a healthier planet and the next generation. With a focus on upcycling food scraps and mindful ingredient sourcing, My Regenerative Kitchen brings home the importance of regenerative agriculture, climate consciousness, and reducing food waste in our daily lives. Through exquisitely simple recipes and thoughtful techniques, Camilla Marcus—chef, restaurateur, and founder of sustainable products brand west~bourne—encourages readers to embrace a whole-farm mentality, use every part of the vegetable, and adopt a zero-waste approach in the kitchen. Every recipe is loaded with professional tips gleaned from Camilla’s storied restaurant career, as well as inspiration for how to integrate laid back, naturally inclined West Coast-inspired living and the art of beautiful, undone hospitality into any home. The stunning photography, shot on film by Ben Rosser, celebrates the soul and spirit of California living. From homemade stock and pickles to plant-based mains and craveable desserts, My Regenerative Kitchen includes innovative, chef-inspired recipes such as: Pantry Staples: Fermented Hot Sauce, Pistachio Dukkah Drinks: Fruit Preserve Apéro, Avocado Oil-Washed Martini Starters: Leftovers Pancake, Mushroom Larb Lettuce Cups Small Plates: Melon as Itself, Big Salad Energy Mains and Family Style: Whole Roasted Romanesco with Walnut Bagna Cauda, Al Pastor Squash Tacos Desserts: Seasonal Fruit Galette, Yuzu (or Any Citrus) Posset Food is more than just sustenance—it’s a form of activism. This book will guide you to take risks, create with intention, and regenerate our Earth through how you live, cook, eat, and gather every day. “Camilla Marcus is one of my heroes, and My Regenerative Kitchen proves why. . . In twenty years, this will be a classic of its time as much for its recipes as its ideas, and you don’t have to wait until then to make this book a cornerstone of your sustainable lifestyle.”—Andrew Zimmern, Emmy-winning and four-time James Beard Award-winning TV personality; chef, writer, and social justice activist

ben s vegan kitchen recipes: The Vegan Chinese Kitchen Hannah Che, 2022-09-13 JAMES BEARD AWARD WINNER • IACP AWARD WINNER • 100+ fresh, plant-based, umami-packed recipes that show the range of traditional and modern Chinese vegan cuisine from the creator of The Plant-Based Wok. ONE OF THE TEN BEST COOKBOOKS OF THE YEAR: The Washington Post, Simply Recipes ONE OF THE BEST COOKBOOKS OF THE YEAR: The New York Times, Saveur, Vice, Epicurious, Library Journal When Hannah Che decided to become a vegan, she worried that it would separate her from the traditions and food that her Chinese family celebrated. But that was before she learned about zhai cai, the plant-based Chinese cuisine that emphasizes umami-rich ingredients and can be traced back over centuries to Buddhist temple kitchens. In The Vegan Chinese Kitchen, through gorgeous photography, stories, and recipes, Hannah Che shows us the magic of this highly developed and creative tradition in which nearly every dish in the Chinese repertoire can be replicated in a meatless way, such as Blistered Dry-Fried String Beans or Sweet and Sour Tofu. You’ll also find recipes that are naturally plant-based and as irresistible as they are nourishing, such as flaky scallion pancakes, corn stir-fried with peppers and pine nuts, or pea shoots braised in a velvety mushroom broth made with sesame-oil roux. This book will delight vegans, vegetarians, and omnivores alike, inviting you to explore a whole world of flavors and ingredients.

ben s vegan kitchen recipes: One Pot Vegan Roxy Pope, Ben Pook, 2020-07-23 Whether you're a long-term vegan, giving veggie a go or just want to make your meals more sustainable, ONE POT VEGAN is filled with delicious recipes that take the fuss out of plant-based cooking 80 quick, easy and delicious vegan recipes, each using only one dish! 'Anyone considering a foray into veganism should acquaint themselves with the work of Roxy Pope and Ben Pook . . . simple, healthy recipes

made up of everyday ingredients' Vogue _____ One Pot Vegan is the perfect staple cookbook for vegans, vegetarians, flexitarians, or anyone who simply wants more plants on their plate. Packed with inspiration for pastas, curries, salads, stir-fries, noodles and even puddings, every recipe uses simple supermarket ingredients - for maximum flavour with minimum fuss. One-pot, one-pan and one-tray recipes include: - QUICK AND NUTRITIOUS MIDWEEK MEALS, such as rainbow noodles, smoky sausage cassoulet, and roasted squash with cauliflower and sage - SIMPLE SIDES AND LIGHT BIGHTS, such as roasted vegetable mezze, loaded sweet potato wedges, and no-waste harissa cauliflower - HEARTY HOME COMFORTS, like rich lazy lasagne, mushroom and ale filo pie, and warming pearl barley chilli - TAKEAWAY CLASSICS, including mushroom tikka masala, tofu satay, and Chinese-inspired sweet and sour jackfruit - SWEET TREATS AND DESSERTS such as peanut butter swirl brownies, boozy Caribbean pear cake, and cardamom and pistachio shortbread From the creators of SO VEGAN, one of the world's leading vegan food platforms with a growing community of over 1.5 million followers. Recipes are accompanied by full nutritional info, plus tips for batch cooking or freezing. Eating more plants has never been so easy! _____ PRAISE FOR SO VEGAN: 'Faff-free, delicious recipes' Times 'Masterminds' Plant Based News

ben s vegan kitchen recipes: Castle Rock Kitchen Theresa Carle-Sanders, 2022-10-04 Explore 80 classic and modern recipes inspired by Stephen King's Maine, featuring dishes from the books set in Castle Rock, Derry, and other fictional towns—with a foreword from the legendary author himself. Castle Rock Kitchen is an immersive culinary experience from the mouthwatering to the macabre, with gorgeous, moody photographs to transport Stephen King fans to kitchen tables, diners, and picnic blankets across Maine. Recipes ranging from drinks to dessert (and every course in-between) are inspired by meals and gatherings from the more than forty novels and stories set in King's Castle Rock multiverse—a darker, more gothic version of the Maine most are familiar with. The eighty professionally developed dishes use plenty of local, down-home ingredients such as fresh seafood, potatoes, wild blueberries, and maple syrup, plus some delicacies from away—here are just a few: • Breakfast: Pancakes with the Toziers (It), Dog Days French Toast (Cujo) • Dinner: One-Handed Frittata (Under the Dome), Killer Mac and Cheese ("Gemma") • Supper: Blue Plate Special (11/22/63), Whopper Spareribs (The Tommyknockers) • Fish and Seafood: Crab Canapés (Pet Sematary), Moose-Lickit Fish & Chips (The Colorado Kid) • Vegetarian: Wild Mushroom Hand Pies (Bag of Bones), Holy Frijole Enchiladas (Elevation) • Baking and Sweets: Hermits for the Road (The Long Walk), Blueberry Cheesecake Pie ("The Body") • Drinks and Cocktails: Homemade Root Beer (Carrie), Deadly Moonquake ("Drunken Fireworks") With a foreword written by Stephen King and story excerpts that connect the recipes to the books that inspired them, Castle Rock Kitchen delivers frightfully good food and drink.

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ben s vegan kitchen recipes: Vegan Handbook Vegetarian Resource Group, 1996 A much-needed guide for the novice as well as the long-time vegan. It contains extensive information for vegans, including dietary exchange lists for meal planning, sports nutrition for vegans, vegan meal plans and one-week menus, delicious, quick recipes for readers who don't enjoy cooking but want to live healthily, vegetarian history and plenty more.

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scrumptious meal, all to totally support the balance and maintenance of a HEALTHY body. Instructions from how to feed a precious baby to resolving discomfort in a suffering body, is in your hands. This is a 21st century cookbook. It looks great, the directives are medically sound, the recipes are tantalizing, and the meals will assist the body to look good and keep you feeling divine at all times. A cookbook for the modern world adventurer, a wise physician would recommend to all of their patients. This cookbook and health instruction directory is clearly written for the Soul, Mind and Body, offering the tongue a wonderful adventure in the culinary realm of natural food cooking and culinary science.

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ben s vegan kitchen recipes: So Vegan in 5 Roxy Pope, Ben Pook, 2018-12-27 You don't have to be vegan to love vegan food. Want to cook vegan food at home but don't know where to start? Think vegan food is expensive? Unsure where to find the ingredients? Think again! Don't let anyone tell you vegan food is bland, boring or complicated. Roxy and Ben, creators of 'So Vegan' - one of the world's leading vegan recipe channels - will show you how to create fun and super tasty vegan recipes using just five ingredients, proving once and for all that vegan food is for everyone. So whether you're a full-time vegan, a curious carnivore or simply somewhere in between, So Vegan in 5 is your go-to guide for eating more delicious plants, packed with budget-friendly and time-saving recipes for the everyday cook. Vegan couple Roxy and Ben launched 'So Vegan' just over two years ago with the mission to revolutionise the way we think about vegan food. Nothing like So Vegan existed at the time, so the couple decided to take a leap of faith: they devoted all their spare time to developing and filming plant-powered recipes from their cosy south London flat. Fast forward to today, their channel now has over one million followers and their recipes reach a staggering tens of millions of people around the world every month. This book is bursting with over 100 exciting, all-vegan, low-cost and low-ingredient recipes for the time-poor cook. You'll find quick and easy breakfasts, simple and healthy light meals, classic dinners and indulgent desserts, plus so much more. As well as stunning everyday recipes and foodie tips, the book also contains helpful advice on how to live a more sustainable life. Being vegan just became easy. So Vegan in 5 showcases fun and simple recipes and lots of inspiration for Meat Free Mondays! - Paul McCartney 'Here is a cookbook that makes it even easier to make delicious vegan food for someone who can't cook at all, like me! Thank you, Roxy & Ben.' - Chris Martin, Coldplay 'A must-have cookbook if you're looking for super simple and tasty vegan recipes during Veganuary!' - Veganuary

ben s vegan kitchen recipes: Sweet Laurel Laurel Gallucci, Claire Thomas, 2018-04-03 From LA's trendy bakery comes the new definitive grain-free baking book that makes eating paleo, gluten-free, and dairy-free diets a lot sweeter for home bakers. From the beginning, Sweet Laurel has been about making sweet things simple. The recipes here are indulgent yet healthful. They use just a few quality ingredients to create delicious desserts that benefit your body; all of these treats

are paleo, and many are vegan and raw. From Matcha Sandwich Cookies to Salted Lemon Meringue Pie to Classic German Chocolate Cake, these treats are at once uncomplicated, beautiful, and satisfying, made only with wholesome ingredients such as almonds, coconut, cacao, and dates. Here, too, are basic staple recipes to keep with you, like grain-free vanilla extract and vegan caramel, and fancy finishes, like paleo sprinkles and dairy-free ice cream. Whether you're looking for simpler recipes, seeking a better approach to dessert, or struggling with an allergy that has prevented you from enjoying sweets, Sweet Laurel will change the way you bake.

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ben s vegan kitchen recipes: *So Vegan in 5 Ingredients* Roxy Pope, Ben Pook, 2020-01-14 This bright and colorful cookbook features over 100 super simple 5-ingredient vegan recipes complemented by photographs of recipes and/or recipe ingredients on every page. From the creators of the world's largest and fastest-growing vegan recipe channel, So Vegan, former music industry execs Roxy Pope and Ben Pook share easy and delicious plant-based recipes. This fun and colorful cookbook appeals to everyone—whether full-time vegans, curious carnivores, or somewhere in between—with 100 plant-powered creations including wholesome meals, hearty dinners, epic desserts, and nutritious nibbles for the everyday cook.

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_____ 'This gorgeous, erudite, learned book puts you in a state of permanent hunger' - ZOE WILLIAMS 'A must-have for food writers and chefs everywhere' - GEORGINA HAYDEN

ben s vegan kitchen recipes: *Boundless Kitchen* Ben Greenfield, 2023-11-14 Biohacking meets molecular gastronomy in an all-new cookbook from the author of the Wall Street Journal bestseller *Boundless*, with 48 inspired recipes for longevity, health, and great eating. Ben Greenfield has been named America's top personal trainer by one prominent industry group, listed as one of the 100 most influential people in health and fitness by another, and—most important of all—acclaimed by the legions of fans and followers who love how he pushes the boundaries of wellness science. A certified nutritionist and New York Times best-selling author, dedicated biohacker and self-experimenter, and wildly creative cook, Ben brings his mad scientist chef approach right into your kitchen in this all-new cookbook. Readers will discover unconventional kitchen tools and tactics, ingredients both familiar and fringe (such as organ meats and colostrum), and detailed guidance for making food that boosts brain and body health, doesn't taste like cardboard, and is incredibly fun to create. Within these pages, you'll find: A fresh take on blue zones and other principles of clean eating Recipes for plants, meats, fermented foods, drinks, and desserts—from Carrot Cake Blender Waffles to Crispy Fish Collars to Sous Vide Blueberry Brisket Cooking techniques from simple roasting and braising to sous vide and air frying The secret of food's restorative power to increase energy and vitality at the cellular level The science behind the recipes and why they work for you Praise for Ben Greenfield and his *Boundless* vision: No one does a deep dive into human health and performance like Ben Greenfield. He leaves no stone unturned as he explores all the recent (and ancient) science surrounding optimal health. — Mark Sisson, New York Times best-selling author and founder of the Primal Blueprint and Primal Kitchen Ben has always been at the bleeding edge of health and fitness . . . he takes the newest and best information and

synthesizes it to address all aspects of performance, health and longevity. — Robb Wolf, New York Times best-selling author

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