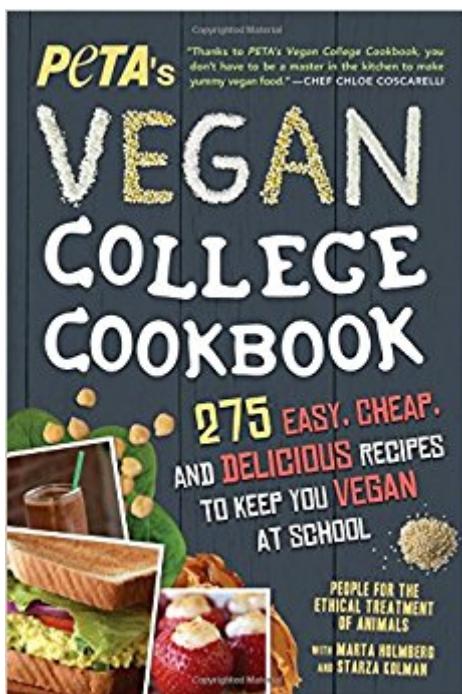


The book was found

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!

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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 â œpantryâ • and points out some of the things they might be able to get in their cafeteria. Some of the ingredients werenâ ™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! The 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 â ^Breakfast Parfaitâ ™ â ^Pancake In a Mugâ ™, and â ^Freshman Frittataâ ™. The parfait was the easiest and taste good. The pancake in a mug was acceptable, if a stovetop isnâ ™t an option but it was a bit on the rubbery side. I didnâ ™t care for the frittata at all.

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