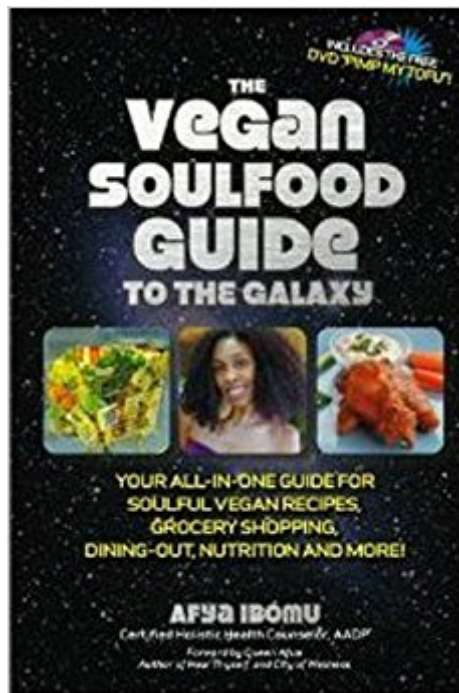




The book was found

The Vegan Soulfood Guide To The Galaxy



Synopsis

The Vegan Soulfood Guide To the Galaxy is much more than a cookbook. It's a fun, fact filled guide to the vegetarian world of grocery shopping, understanding nutrition, meal planning, dining out as a vegan and more! No more bland vegetarian taste; now you have in your hands a complete resource for cooking mouthwatering, inexpensive soulfood recipes made with out white sugar, white flour, white rice, animal or dairy products that satisfy vegans and carnivores alike. Make delicious and nutritious versions of these classic recipes: Sweet Potato Pie- Potato Salad- Tofu Buffalo "Wings"- Corn Bread- Chocolate Chip Cookies- Collard Greens- Candied Yams And More! Also Included: Pimp My Tofu DVD A Free Instructional Cooking DVD with theme song featuring Sticman of Dead Prez

Book Information

Perfect Paperback: 182 pages

Publisher: Nattral Unlimited, LLC; 2 Pap/DVD edition (February 24, 2010)

Language: English

ISBN-10: 097700922X

ISBN-13: 978-0977009220

Product Dimensions: 8.9 x 6.1 x 0.3 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 26 customer reviews

Best Sellers Rank: #471,094 in Books (See Top 100 in Books) #80 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food](#) #85 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan](#) #1158 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

Customer Reviews

Afya Ibomu is a Certified Holistic Health Counselor, AADP, and has been a vegetarian since 1990. She previously owned and operated a vegan catering business in Brooklyn, New York, and served as Erykah Badu's nutritionist on tour. She is also the author of Get Your Crochet On! Crochet Patter book series and is CEO of Nattral.

This book has made the transition to vegetarian diet a breeze. There is a lot of vital information about how to get essential nutrients in a vegan diet-- and how a vegan diet can benefit your health. and there is a wealth of easy, delicious recipies to try. Before this book, I had no idea what to do

with tofu, and now it's a food staple for me. I love the DVD she provided with the book "Pimp My Tofu". (What in the world was the wearing though?!? LoL). Anyhow, this book stays in my kitchen, and I often take it grocery shopping with me. It has some great menu plans too, if you need help getting started with creating a well-balanced vegan diet.

Chicken fried tofu! Gracious, I've been eating tofu for decades but never thought about doing some of the things with tofu that this author proposes. She emphasizes a basic necessity of preparing tofu: Always marinate it before cooking!!!

This book is such a valuable guide to vegetarian possibilities. I have been pescatarian (plant based diet and sometimes milk products or fish) for almost 6 years and I had been getting bored and feeling limited in cooking my own meals. The recipes, ideas and information in this book totally OPENED my door to other amazing creative solutions to my food boredom. I have cooked a recipe out of this book or used some bit of info everyday since I got it two weeks ago. It gives foundational information that inspires confidence to be brave and try new combinations and recipe creations. I foresee a totally vegan soul food holiday meal in my future!

I keep this book on my counter. my fiance is a vegan and it gives me lots of options for preparing his food. I loved the seasonings that they use in the books. It is expanding my horizons on how to cook for him.

I am so glad I bought this book!!! I have many other diet & vegan books but none of them quite hits the perfect chord like this one to help friend & family transition to a healthier diet / lifestyle. I will definitely be purchasing more copies to have on hand to share with those who are sincere about making healthier changes. Thank you Sister Afya for writing this book, it's just what I've been looking for!!!

This book is very informal on the SAD (Sad American Diet) and the Vegetarian/Vegan diets. Afya really gets in dept with what GMOs foods are which we intake everyday and not realize it. She also have great recipes to follow by and put her input on what substitutes to use to get all your nutrients. This is a wonderful book to pick up to make a transition!

Excellent resource!

I have read many vegan cookbooks and this is by far one of the best. Easy to read and understand, great recipes that are not at all complicated to make- you can start cooking as soon as you get the book. Plus it has lots of other info on being vegan that other cookbooks lack, all in one guide that is just the perfect size. Excellent buy!

[Download to continue reading...](#)

Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) The Vegan Soulfood Guide to the Galaxy Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for beginners, Vegan Diet, Weight loss, Vegan Vegan: The Ultimate Vegan Cookbook for Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker, crockpot, Cast Iron) (vegan, vegan diet, vegan slowcooker, high ... free, dairy free, low carb) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) VEGAN: 30 Days of Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) Vegan Instant Pot Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals, Slowcooker, Cast Iron, Meals For One) (Slow Cooker, crockpot, vegan recipes, vegetarian ... protein, low fat, gluten free, vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan

Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) Fruitysimon ebook - 100+ Easy Vegan Recipes, Tips and Insights from a 16 y.o. vegan-boy (Wholefoods Plantbased Diet Guide): Vegan recipes and guide by 16 y.o. vegan-boy Vegan Diet: Easily Get a Lean Body & All Day Energy + 5 Day Meal Plan for Faster Weight Loss Results and Success Stories (vegan weight loss meal plan, vegan diet for beginners, vegan diet guide) Vegan: Vegan Diet for Beginner: Easy 123 Recipes and 4 Weeks Diet Plan (High Protein, Dairy Free, Gluten Free, Low Cholesterol, Vegan Cookbook, Vegan Recipes, Cast Iron, Easy 123 Diet Book 1) Vegan: How To Start A Vegan Diet, The Basics Of Vegan Eating, Weight Loss, And Muscle Building (Plant-Based, Fitness, Beginner Vegan, Cookbook, Recipes) One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker and Skillet Recipes for Busy People on a Budget (Vegan, Vegan Cookbook, Vegan Recipes)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)