



# **The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them**

*Ayinde Howell, Zoe Eisenberg*

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This combination cookbook and lifestyle book takes a unique look at inter-palate partnering, with personal stories and tips for peaceful co-existence when one partner wants a cheeseburger and the other wants a tempeh slider.

Award-winning Chef Ayinde has crafted 80 delicious recipes that both vegans and omnivores can enjoy together, including:

- Classic Cloud-Nine Pancakes
- Tuscan 12-Vegetable Soup with Savory Biscuits
- Habanero Portobelo Fajitas
- Crispy Spring Rolls
- Cherry Cobbler and Cacao Nibs
- Many more

Ayinde and Zoe are longtime vegans, but they have something else in common; neither has ever dated another vegan. After comparing notes, they realized the need for a manifesto to help vegans and omnivores navigate their cross-cuisine love life. The book shares tips for vegans who want to satisfy the appetites of their omnivorous counterpart, and for non-vegans who want to impress their plant-based partners.

The authors' personal experiences and advice can be irreverent, but always on the mark for people needing relationship solutions, both romantic and culinary. Loaded with humorous anecdotes and seductive full-color food photographs. *The Lusty Vegan* provides delicious recipes and lots of fun along the way.

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### **From reader reviews:**

#### **Marilyn Daniels:**

A lot of people always spent all their free time to vacation or perhaps go to the outside with them family members or their friend. Are you aware? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. If you want to try to find a new activity this is look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a publication. The book The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them it doesn't matter what good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. When you did not have enough space bringing this book you can buy often the e-book. You can m0ore easily to read this book from the smart phone. The price is not to cover but this book has high quality.

#### **Cynthia Sharma:**

Playing with family in the park, coming to see the ocean world or hanging out with pals is thing that usually you have done when you have spare time, subsequently why you don't try issue that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them, you may enjoy both. It is fine combination right, you still want to miss it? What kind of hangout type is it? Oh come on its mind hangout folks. What? Still don't buy it, oh come on its named reading friends.

#### **Hoyt Adkins:**

This The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them is great guide for you because the content that is full of information for you who always deal with world and still have to make decision every minute. This particular book reveal it facts accurately using great organize word or we can claim no rambling sentences included. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but tough core information with beautiful delivering sentences. Having The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them in your hand like finding the world in your arm, facts in it is not ridiculous a single. We can say that no book that offer you world with ten or fifteen minute right but this guide already do that. So , this is good reading book. Hello Mr. and Mrs. hectic do you still doubt which?

#### **Timothy Wingo:**

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book can be one of one step for you to get success. This guide offer you information that probably your friend doesn't learn, by knowing more than some other make you to be great people. So , why hesitate? Let us have The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them.

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