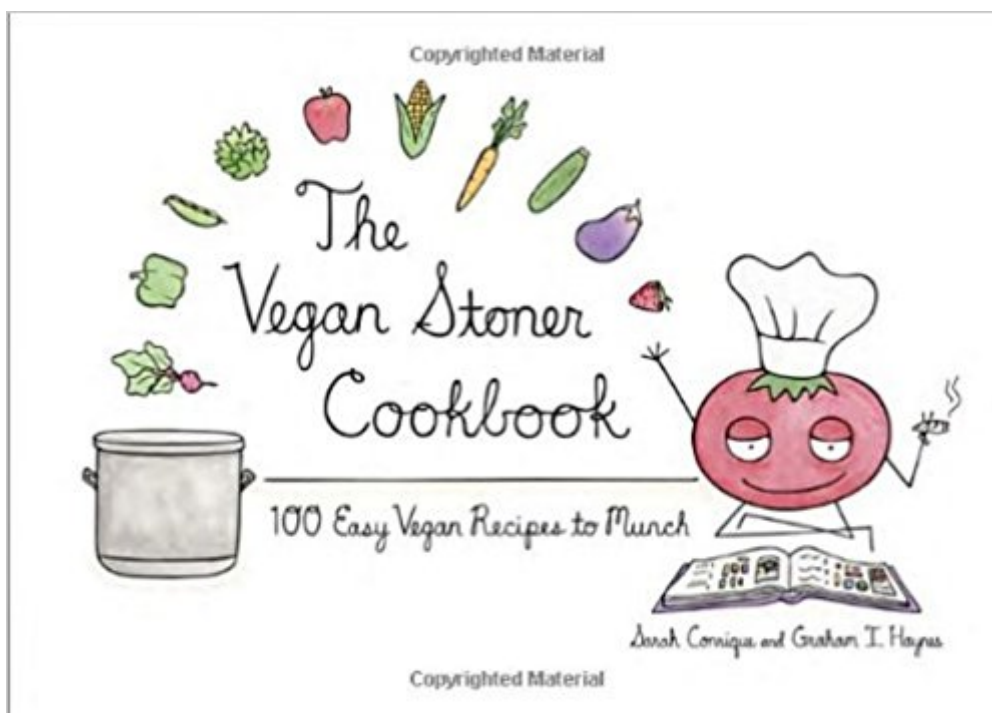


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# The Vegan Stoner Cookbook: 100 Easy Vegan Recipes To Munch



## Synopsis

A collection of vegan recipes so simple to make that even a stoner could prepare them, this highly illustrated cookbook from the creators of *The Vegan Stoner* food blog proves that going vegan can be fun, cheap, and easy. Cooking vegan doesn't have to be hard! This irreverent take on veganism proves that beginners and slackers alike can whip together yummy, filling meals with just a few ingredients and minimal time and effort. Foolproof recipes for breakfast, lunch, dinner, and munchies include Mean Green Smoothies, Aspara-Guy Sushi, Bahnwiches, Animal Cookies, Churro Chips, and more.

## Book Information

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## Customer Reviews

SARAH CONRIQUE and GRAHAM I. HAYNES are the creators of [TheVeganStoner.com](#). They are also the founders of Simple Gestures Design Studio, where they produce graphic designs for a diverse clientele.

Introduction *The Vegan Stoner* [vee-guhn stoh-ner] • noun: one who satisfies the munchies with resourceful, creative, instinctive cooking without using animal products. These recipes are designed to make vegan cooking fun, feasible, quick, and on a dime. Each recipe for a sauce, a stuffing, or a base is a potential component in your personal munchie menu. Mix and match with confidence. Substitute ingredients and flavors to personalize dishes for you, for two, or for a party. Explore the depths of your creativity. There will be moments when you will be in doubt. Trust yourself, dig in with your fingers, and grab what feels

right. Pay attention to consistency, texture, smell, and, most importantly, your taste buds. In time you will rely less on exact measurements and more on instinct. Don't be afraid to go where no one in your kitchen has gone before. Cook for yourself, and know that the only success in cooking is when you have fun.

This book, let's be honest, was not written for me: a 40 year old who knows my way around the kitchen. But I really wish it had been around when I first became vegan, in my mid-20's, and didn't know where or how to begin. The criticism (here on ) is that the recipes are "junky." Meaning, they have lots of processed food. Well, yes, true. But the recipes will produce delicious, easily prepared vegan food that's inexpensive to make. In my book, that makes this book a major win. The artwork is outstanding, too--appealing without being too precious. There used to be a lot of Vegan Starter Guides and cookbooks with these types of recipes, except that the recipes were all terrible (remember when seasoned vegans told you to eat tofurkey sandwiches and canned corn?). These recipes will appeal to your inner stoner, even if, like myself, you have no interest whatsoever in getting stoned. If you're a longtime vegan who likes to cook and/or consider yourself a foodie: no, this book isn't for you. If you're a vegan whose idea of dinner is sticking a frozen burrito in the microwave: this book is pretty much perfect. However, I am neither of those things, I still found usefulness. Even I, a somewhat experienced cook, sometimes just want to open a few cans, throw stuff in a pan and eat a delicious meal in 15 minutes. And, judge me if you must, sometimes I just don't care if all the food is processed and full of soy or what-not. The art work makes this perfect for your vegan coffeetable. This adorable cookbook is a winner.

Easy to read, easy to make, and great pictures. The recipes involve mostly processed foods but it's great for someone just starting in the vegan world with minimal cooking skills. The recipes are just ok in my opinion but I am more of a complex spices person. I tend to add little things to it in order to get it to my liking but the recipes make for a good base to add your personal touch to. If you are brave enough to try the Banana Dog recipe please let me know how it is, I have yet to be so adventurous.

What an awesome cook book anyone can use for easy vegan recipes! I love the drawing so much and the recipes look delicious! I'm a new vegan so anything easy and quick is helpful.

So far I have only tried two recipes but they were soooo good. I can't wait to try all of them. They are

super fast and easy to make which is perfect for dinners during the week. The two recipes I tried was the corn/potato chowder and the eggplant sandwich.

Love the ideas and the creativity that went into this book. The recipes so far have been really delicious. The thoughtfulness that went into all of the conversion charts and ingredients lists is really great! I got this for my girlfriend who is trying to start a vegan lifestyle and she loves it.

AMAZING!!!! This cook book is perfect for a vegan in college who also enjoys some recreational use (OR NOT!!!). They have thought of everything and the pictures are adorable. I wish I could give even more than 5 stars.

This book is fabulously funny. The cartoons are adorable, and the recipes are so good. Everything is very easy, and as a new vegan this really helps me figure out what I need to build my pantry and gives me a lot of easy meal ideas.

I absolutely love this book! Now granted, getting stoned aside the recipes are easy and cheap. It's a great book to have on hand when you're in a pinch and want to whip something up tasty and Vegan. This review is for the Kindle Version which is good but like most cookbooks I prefer to have the actual book. With this one it's no big deal as it's formatted pretty well.

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