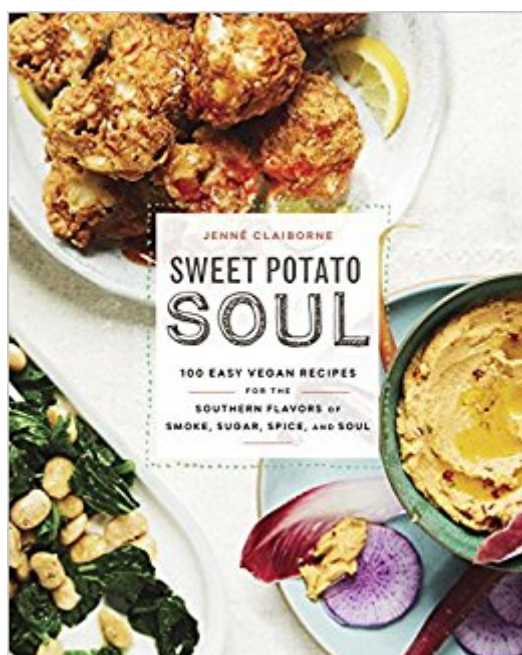


The book was found

# Sweet Potato Soul: 100 Easy Vegan Recipes For The Southern Flavors Of Smoke, Sugar, Spice, And Soul



## Synopsis

JennÃƒÂ© Claiborne grew up in Atlanta eating classic Soul Food--fluffy biscuits, smoky sausage, Nana's sweet potato pie--but thought she'd have to give all that up when she went vegan. ÃƒÂ As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. ÃƒÂ The result? Her first cookbook, SWEET POTATO SOUL, offering 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. JennÃƒÂ© revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with JalapeÃƒÂ o Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls.ÃƒÂ Along the way, JennÃƒÂ© explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits--you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. ÃƒÂ From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

## Book Information

Paperback: 240 pages

Publisher: Harmony (February 6, 2018)

Language: English

ISBN-10: 0451498895

ISBN-13: 978-0451498892

Shipping Weight: 13 ounces (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #112,864 in Books (See Top 100 in Books) #13 inÃƒÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Potatoes #29 inÃƒÂ Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food #58 inÃƒÂ Books > Cookbooks, Food & Wine > Baking > Biscuits, Muffins & Scones

## Customer Reviews

"One potato, two potato, give me all your sweet potatoes!! Jenne has crafted the best soul satisfying

comfort vegan recipes. With easy recipes such as sweet potato hummus, Bourbon BBQ Tempeh Sliders, Fried Cauliflower Chicken, and really stellar vegan pound cakes you can bring the very best dishes from Atlanta, Georgia right into your own kitchen!" - Chloe Coscarelli, author of *Chloe Flavor* and *Chloe's Kitchen*"We've all been waiting for this! Jenn Claiborne's *Sweet Potato Soul* cookbook is an absolute dream for anyone craving Southern flavours and soul food classics. Hearty, inviting, and always delicious, Jenn's recipes prove time and time again that stick-to-your-ribs eating can be completely plant-based! This mouth-watering collection uses whole food ingredients and simple techniques to recreate quintessential recipes like cornbread, sweet potato pie, and collards galore! Jenn's bright spirit and genuine love of sharing healthy food from her roots shines through on every page." - Sarah Britton, Holistic Nutritionist and founder of *My New Roots*"Jenn Claiborne cooks up a fresh take on one of my all time favorite cuisines, vegan soul food, seasoned with her personal anecdotes and can-do approach toward healthy eating for everyone." - Terry Hope Romero, author of *Veganomicon*, *Salad Samurai*, and *Vegan Eats World*"Jenn Claiborne knows how to make ingredients sing. Tasty, fresh, soulful -- you won't even realize these brilliant recipes are vegan!" - John Mackey, Co-Founder and Chief Executive Officer, Whole Foods Market "If comfort food wasn't born in the South, it grew up there. Now culinary wunderkind Jenne Claiborne perfects this culinary genre: hearty, satisfying, all's-right-with-the-world dishes that are kind to animals and the planet, and that will make your waistline and arteries as happy as they'll make your family." - Victoria Moran, author of *A Main Street Vegan*, and coauthor of *The Main Street Vegan Academy Cookbook*"Jenn Claiborne has cooked up something special in her debut cookbook, proving that Soul food can be compassionate to the environment and to animals while tasting great -- in fact, better than ever!" - Gene Baur, president and cofounder of Farm Sanctuary, and author of *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*

JENNE CLAIBORNE is a NYC-based vegan personal chef, cooking instructor, and the blogger behind *Sweet Potato Soul*, with over 200,000 followers on social media. She studied at the Institute for Integrative Nutrition and founded the personal chef company, *The Nourishing Vegan*, whose clients have included India Arie, Lucy Liu, Lululemon, Soho House, Whole Foods, and many more. Jenn Claiborne has been on *Today*, and her recipes and nutritional advice have been featured in *VegNews*, the *Vegetarian Times*, *Shape.com*, the *Huffington Post*, *Reader's Digest*, *ThoughtfullyMagazine*, *Greatist*, *Well+Good*, *Laika magazine*, *Urban Bush Babes*, *Main Street Vegan*, *Our Hen House*, and *Refinery 29*. She is the cocreator of *Buddhalicious*, an online meal

planning service that makes it easy for people to adopt a healthy and delicious vegan diet.

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

30 Delicious Sweet Potato Recipes – Tasty and Healthy Sweet Potato Recipes (The Ultimate Sweet Potato Cookbook Including Recipes For Sweet Potato Soup, ... Salad, Sweet Potato Souffle and More 1) Sweet Potato Soul: 100 Easy Vegan Recipes for the Southern Flavors of Smoke, Sugar, Spice, and Soul The Sweet Potato Cookbook: Delicious Sweet Potato Recipes for Any Occasion - Discover the Versatility of The Humble Sweet Potato with This Sweet Potato Cookbook One Potato! Two Potato!: Family Favorite Potato & Sweet Potato Recipes! (Southern Cooking Recipes Book 17) 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) 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 Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet, vegan cookbook, vegan smoothies) 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: 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) Sugar Detox: Beat Sugar Cravings Naturally in 14 Days! Lose Up to 15 Pounds in 14 Days! Step-By-Step Meal Plan And Recipes To Kick Sugar Cravings And ... diet, sugar free diet, low sugar diet,) 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) Southern Cooking: for beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1) Easy Sweet Potato and Yam Cookbook: 50 Delicious Sweet Potato and Yam Recipes for the Cool Autumn Months A Collection of the Best Sweet Potato Recipes: Tasty and Healthy Sweet Potato Recipes Sweet Potato Recipes: Delicious Sweet Potato Recipes To Keep You Fit And Healthy (The Simple Recipe Series) 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: 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 Protein Smoothies: Superfood Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)