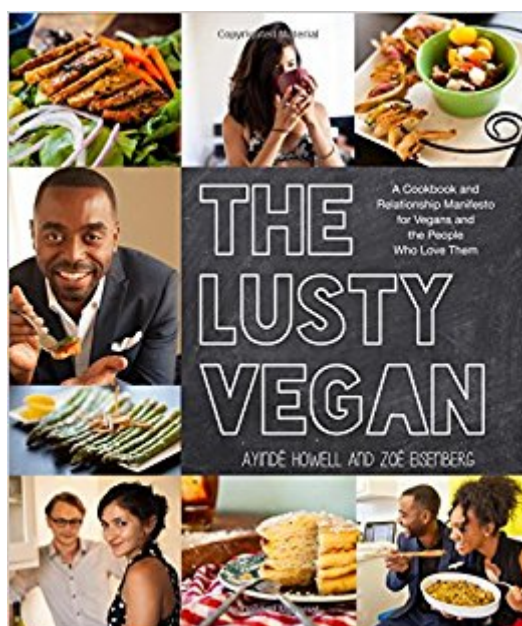


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The Lusty Vegan: A Cookbook And Relationship Manifesto For Vegans And Those Who Love Them



Synopsis

A cookbook and advice guide for vegans dating non-vegans. Delicious recipes by a respected chef, and advice on relationships, dating, and sex when one wants tofu while the other wants a cheese burger. Irreverent humor, solid advice, and good eats! 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.

Book Information

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Customer Reviews

"Check out The Lusty Vegan for a lively examination of the possibilities for love and passion

between two people with widely divergent eating habits." (Karin E. Baker, Huffington Post)"...Howell and co-author Zoe Eisenberg dish out all the dirt of co-existing in a meat-filled world; think part cookbook, part advice and part sex education for vegans dating non-vegans." (Tyrus Townsend, JET)

Ayinde Howell is an executive chef who lives and works in Los Angeles. His recipes have been published in the New York Times, Essence, VegNEws Magazine, and many others. He is the founder and publisher of the award-winning iEatGrass website, and owner and executive chef of his critically acclaimed culinary-event company, Wildflower. Zoe Eisenberg is a writer and editor who focuses on food, health, relationships and sex. With a background in holistic health and creative writing, Zoe has been published in a variety of print and online outlets, including the Huffington Post, Shape.com and XOJane.com.

This is the book I wish I had when I first went vegan. Navigating relationships with omnivores was really tricky at first. I'm married now (to a man who enjoys steak and ice cream) and I have to admit I made a few mistakes when we first moved in together (like trying to convert him). Half of this book contains advice on anything you'd want to know about dating when one person is a vegan and the other can't live without cheese and bacon. Ayinde and Zoe go over first dates, how to tell the other person about your vegan lifestyle, sex, meeting the families, and even handling break ups. Both authors narrate their own stories of past relationships, telling us all the things that worked and the ones that didn't. (Can I just say I do not like Ayinde's taste in women?) It's a lot of fun to read, and even though I'm happily married, I still was able to take away some advice for myself, like how to deal with the families at the holidays. The other half is all delicious recipes that Ayinde Howell has created for everyone to enjoy. They are all vegan and all very, very delicious. My husband frequently asks me to make the "lobster" rolls and cajun tofu and dirty rice. Ayinde's pancake recipe is now a staple in my house for Sunday morning breakfast. And I have yet to try a dessert that hasn't been absolutely amazing. If you are looking for healthy vegan food, this is not your cookbook. Lots of sugar and oil is used. If you are looking for lots and lots of flavor, you've found your winner. I also appreciate BTW that while this book does have some vegan staples like pancakes and chocolate covered strawberries, it also has some recipes that I don't often see, if ever, in other vegan cookbooks, such as the lobster rolls and jambalaya. (We seriously need a New Orleans vegan cookbook BTW. Vegan chefs take note.) The target audience is for twenty-somethings that are in the dating scene, but I think every vegan should have this cookbook for their collection and

use it often. This book is indispensable to me.

The Lusty Vegan is like two books in one. On one hand, it's a dating/relationship advice book covering a multitude of topics, such as vegans dating non-vegans and how they can traverse the many challenges of dating an omnivore. The authors share their experiences of how being vegan affected some of their relationships in the past, and how their vegan-ism was perceived by the other party in the relationship. Hence, the "lusty" part. The writing is light and super witty and makes for a great read. If you aren't looking for relationship advice or if that sort of read just ain't your bag, baby, I'd STILL recommend that you get this book. I'm not even a vegan - I just generally love to eat healthy and try new foods that I don't usually cook - and the recipes are fantastic! I especially enjoyed the Korean Bibimbap and the tips for what to do with tofu. From a food standpoint, the book is super educational. The authors discuss the pros and cons of various cooking oils, non-dairy milks, and proteins, allowing the reader to make his or her own decision. But dammit. They know what they're talking about, so you should listen to them. The recipes are super creative and unlike the normal fare you would cook at home on a regular basis, especially if you are of the meat-eating variety. I totally recommend this book - it'd make a great read for anyone looking to change up their eating habits or the perfect gift for your favorite frisky vegan friend or romantic potential!

As a mere quasi-vegan I am in love with The Lusty Vegan! The recipes are super flavorful and intricate while many of them can be prepared in very little time. In other words: perfection. Not to mention the funny and insightful stories!! I'm in love!

What drew me to this book was the exploration of food and relationships. I am both a vegan novice and a leper in the kitchen, but I found these recipes easy to follow and I can't wait to give them a try (once I fix my refrigerator). Beyond the food, the stories these two wonderful writers share are incredibly intimate and insightful. Love, lust, and longing are all universal experiences, should we be so fortunate to have them, and Ayinde and Zoe have found a way to engage, entertain and seduce. A great read.... looking forward to more from these two.

The Kindle version of the book has no page numbers in the index nor can you click on an index entry to be directed to the appropriate page. Very poorly done.

YUM

This book was awesome! I laughed out loud while reading some of the stories and the recipes are super delicious! I highly recommend this book!

I purchased this book because I'm transitioning into a vegan. It actually has great ideas and stories about being a vegan and dating a meat eater. The recipes are great. This book was an excellent purchase.

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