



Great Gluten-Free Vegan Eats From Around the World: Fantastic, Allergy-Free Ethnic Recipes

Allyson Kramer

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Great Gluten-Free Vegan Eats From Around the World is a cookbook for the home chef who likes to explore a world of cuisines, regardless of allergies or dietary restrictions. Step inside and travel the globe while still adhering to your plant-based, gluten-free diet with ethnic entrees you may have thought were off-limits, but are actually even better re-imagined! From European classics like Fig Pastries with Clotted Cream and English Cottage Pie to Caribbean specialties like Jamaican Jerk Tofu and Plantain and Potato Soup, you'll dine on delicious dishes from all around the globe, while still pleasing every palate at your table.

Author Allyson Kramer, founder of the popular g-free vegan blog Manifest Vegan (<http://www.manifestvegan.com>), will walk you through each and every recipe—most of which include a photo—showing you exactly how to create gourmet meals that are impressive enough for even the most seasoned foodie. From tempting appetizers, to hearty mains, to luscious desserts, you'll find more than 100 globally-inspired recipes that prove eating vegan and gluten-free doesn't have to be a sacrifice, but rather an international delight!

Great Gluten-Free Vegan Eats From Around the World: Fantastic, Allergy-Free Ethnic Recipes Details

Date : Published June 1st 2013 by Fair Winds Press (first published January 1st 2013)

ISBN : 9781592335480

Author : Allyson Kramer

Format : Paperback 208 pages

Genre : Food and Drink, Cookbooks, Cooking, Food, Nonfiction, Vegan, Cultural, International, Health

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From Reader Review Great Gluten-Free Vegan Eats From Around the World: Fantastic, Allergy-Free Ethnic Recipes for online ebook

Rebecca says

This is a great cookbook, especially for later when I start getting more into baking, which I haven't really done yet.

Molly says

Lots of very yummy looking recipes that I can't wait to cook.
Wonderfully presented book :)

Margarita says

This is a beautiful cookbook, you just want to go back to it again and again. It is hard to find recipes that are GF and Vegan at the same time, so this book is a rare find. I especially loved the soups and the spicy stuff!

LemontreeLime says

I was very surprised by this one, loads of great ideas and spins on popular global cuisine recipes.

Gayle says

I eat Nutritarian, so I don't have to worry about gluten, per se, but I found a lot to love in this cookbook, and recipe inspiration easy to adapt to my way if eating and cooking.
