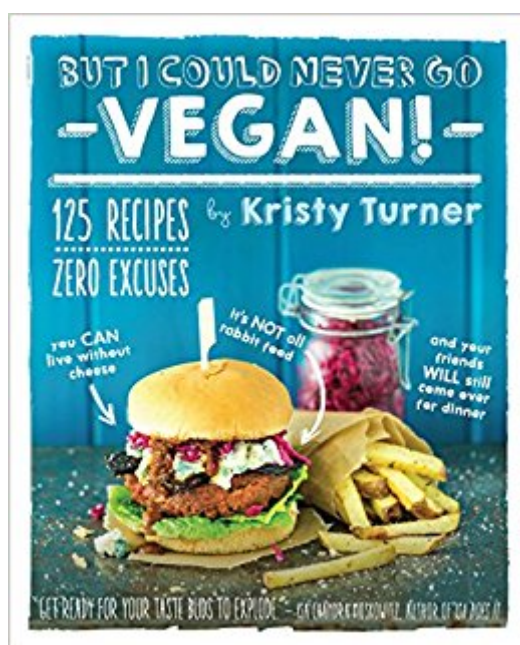


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# But I Could Never Go Vegan!: 125 Recipes That Prove You Can Live Without Cheese, It's Not All Rabbit Food, And Your Friends Will Still Come Over For Dinner



## Synopsis

“Get ready for your taste buds to explode.” •Isa Chandra Moskowitz Can you imagine living without cheese? Convinced that dairy-free baked goods just don’t cut it? Hate the taste of tofu and not a fan of boring salads? EXCUSES, BE GONE! Blogger-author extraordinaire Kristy Turner deliciously refutes every excuse you’ve ever heard with 125 bursting-with-flavor vegan recipes for every meal of the day—including dessert! “All those special ingredients are way more expensive.” •Not when you can make your own Homemade Seitan, Barbecue Sauce, Zesty Ranch Dressing, and Tofu Sour Cream. “I could never give up cheese!” •You won’t miss it at all with Tempeh Bacon Mac & Cheese with Pecan Parmesan, Tofu Chèvre, Citrus-Herb Roasted Beets with Macadamia Ricotta, or Mushroom Cheddar Grilled Cheese Sandwiches. “What about brunch?” •Chickpea Scramble Breakfast Tacos, Lemon Cornmeal Waffles with Blueberry Sauce, and Caramel Apple-Stuffed French Toast are vegan breakfasts of champions! “My friends won’t want to come over for dinner.” •They will when they get a taste of Carrot Cashew Pâtes, Portobello Carpaccio, and Gnocchi alla Vodka. “But I scream for ice cream!” •Then you’ll shriek over Dark Chocolate Sorbet, Mango Lassi Ice Cream, and from-scratch Oatmeal Raisin Ice Cream Sandwiches. If you’re a waffling vegan newbie, on-the-fence vegetarian, or veg-curious omnivore, this book will banish your doubts. You’ll find you can get enough protein, fit in at a potluck, learn to love cauliflower, and enjoy pizza, nachos, brownies, and more—without any animal products at all. (Even vegan pros will discover some new tricks!) Colorful photographs throughout will have you salivating over Kristy’s inventive, easy-to-follow recipes. So what are you waiting for? Get in the kitchen and leave your excuses at the door!

## Book Information

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## Customer Reviews

One of Amazon's Best Books of the Month in Cookbooks, Food & Wine

“Charming.” Washington Post “Turner’s book is both beautiful and inspiring. Vegan foodies and foodies considering becoming vegan will be eager to break out their farro, sriracha, and liquid smoke, and have fun in the

kitchen.” Library Journal “Home cooks are given invaluable how-to’s to get started with vegan cooking. . . . Gift-worthy.” Publishers Weekly “A treasure trove of new flavour combinations . . . . Vegan or not, kitchen newbie or five star chef, there is something for everyone in this fun cookbook. The most tongue-in-cheek and delicious piece of food activism to date, this book is a must read.” T.O.F.U.

Magazine “A goal of the author, who is the writer and food stylist behind the vegan food blog, ‘Keepin It Kind,’ is to make vegan cooking accessible for everyone.

She’s clearly succeeded with this delightful and approachable

book.” Cookbook Digest “This cuisine is delicious.” Vegetarian Journal “Doesn’t skimp on flavor, just the red meat.” Metro Boston “Tackles food myths with delicious recipes. . . .

Beautiful photos illustrate almost every recipe, showing how appetizing these dishes are, and there are plenty of how-to photos.” Oregonian “The recipes cover all the basics . . . but also offer more adventurous fare . . . . This book covers all the vegan

bases.” Portland Press Herald “Best Aspect: A wide variety of recipes for condiments, cheesy dishes without dairy cheese, fancy dinner party dishes and

desserts.” Detroit Free Press “Buy this book. Banish those excuses. Have fun along the way.” Marin Independent Journal “Even to a committed carnivore, Turner’s whimsically seasoned tone is at once inviting and authoritative. Hey,

you could do this!” Virginian Pilot “Kristy Turner’s But I Could Never Go Vegan! is nothing short of brilliant! This isn’t just a beautiful vegan cookbook; it’s a resource guide that will help you excuse-proof your diet. If you have a dilemma, Kristy

has the answer! • Angela Liddon, New York Times bestselling author of The Oh She Glows Cookbook and creator of OhSheGlows.com “With warmth, humor, and great recipes, Kristy Turner combats excuses people commonly use to defend their dietary status quo. Those who think they can’t be satisfied without eating beef, for example, will do well to get acquainted with her plant-based fajitas, sloppy Joes, tacos, and more. But I Could Never Go Vegan! is guaranteed to change hearts and minds one meal at a time. • Gene Baur, president and cofounder of Farm Sanctuary, author of Farm Sanctuary: Changing Hearts and Minds About Animals and Food “I can’t imagine a vegan primer that is more humorous, welcoming, or wise than Kristy Turner’s spectacular But I Could Never Go Vegan! If you’re considering switching over to a plant-based diet or simply eating a few more vegetarian meals • Kristy’s spectacular recipes and practical guidance will give you all of the inspiration you need. Most of all, her gentle and witty voice will guide you through all of the inevitable anxieties, stumbling blocks, and mishaps that accompany a lifestyle change. This book is beautiful, creative, whimsical, and profoundly inspiring. • Gena Hamshaw, author of Choosing Raw; www.choosingraw.com “Kristy’s book had us smiling from the moment we read the table of contents. Its lighthearted approach and delicious recipes will appeal to everyone. This is a must-read for anybody who believes life without cheese isn’t possible. • Rich Landau and Kate Jacoby, chefs and owners of Vedge restaurant and coauthors of Vedge “I love the creative, whole-foods recipes in But I Could Never Go Vegan! Kristy Turner has heard all the excuses and has a response for each. It’s true, no life is complete without the occasional calzone but stuff them with Kristy’s Buffalo Cauliflower and Cashew Blue Cheese and you can have calzones and be vegan too. Get ready for your taste buds to explode. • Isa Chandra Moskowitz, bestselling author of Veganomicon and Isa Does It “There’s no such thing as a free lunch when it comes to compassion, and in But I Could Never Go Vegan!, Kristy Turner proves it with an array of inventive plant-based recipes and dazzling photographs. • Colleen Patrick-Goudreau, bestselling author of six books, including The Joy of Vegan Baking and The 30-Day Vegan Challenge “Kristy and Chris have taken everything I love about their blog and somehow upgraded it, putting together one helluva cookbook with tons of helpful information and crazy good recipes that are sure to please hard-core vegans, curious newbies, and dabbling omnivores alike. Now, if we could only figure out some way to get those Chickpea Sloppy Joes hooked up to me 24/7 through an IV . . . • Randy Clemens, author of The Sriracha Cookbook, The Veggie-Lover’s Sriracha Cookbook, and

The Craft of Stone Brewing Co.

A self-described former “die-hard cheese nerd,” Kristy Turner is now the writer, recipe developer, and food stylist behind the vegan food blog Keepin’ It Kind. Once a professional fromager and mutterer of the words, “I could never be vegan,” Kristy now loves her compassionate lifestyle and works with her photographer husband, Chris, to make veganism accessible, fun, and delicious for everyone. She lives in Marina del Rey, California.

OMG-This book is brilliantly laid out. I am plant based and one of the things I hear from my omnivore friends is "I could never go Vegan!". The author, Kristy Turner, has resisted the trappings of recipes calling for manufactured ingredients like vegan cheese (such as Daiya) and fake meats, available in the "health" food stores and has taken a new, tasty, and healthful approach with her recipes—super refreshing in the world of plant based/vegan cookbooks. An example is the chapter on "Fake Foods Freak Me Out". My husband and I are in agreement with this. Why call it something it isn't and then try to make it taste like what it will never really taste like. As she states in her chapter heading "These recipes aren't trying to imitate a dish normally made with animal products. They are delicious meals that allow the plants to truly shine in their own right." The book has quality, engaging photos, the recipes are very thoughtfully created and everything tastes really good. Her recipes can be served to anyone, omnivore or vegan. Thank you Kristy Turner.

I have been a vegetarian for over 20 years; live in a house with folks that all eat meat and LOVE all things cheese so never made the transition to Vegan - Friday nights after a long week in work are just too perfect when finished with cheese, wine and olives! So when I saw this book that not only looked fun but was written by someone who at one point professed herself as a "die hard cheese nerd" : my curiosity was piqued and I added it to my Christmas list!! I loved it from the moment I opened it and read it in book form which I would never typically do with a cookbook (I was also pretty hungry as my relatively new range decided to die on Christmas day leaving my food plans a little askew; so pretty food porn was the next best thing!). Things to love: no crazy tools required -blender; check, cutting board , check; I have those ...so was happy that I did not see pages requiring dehydrators and other gadgets I will probably never buy! Food I have heard of -stuff I can buy in a regular store -yet another plus! Pretty pics full of old faves - Mac N'Cheese, Pie, Mexican dishes, Asian dishes, spiced food, and yes, even cheese! This is hearty food that one can feed the

family with and yet end up with clean plates and full bellies! Today I made the broccoli chickpea soup as nutritional yeast is always on hand in my pantry, and it was delicious, warm and easy to make; the Creole Corn chowder is next on my list as well as some of the rather delicious looking desserts to serve friends and family over the holidays...only to announce after they were vegan! This book is chock full of options! It begins with an interesting and easy to follow introduction covering basic ingredients and tools you will need to get started; followed by a basic how to guide on topics such as roasting garlic, making nut butters and cooking various grains. Then I really loved the guide to making condiments and components that can be added to dishes such as tofu sour cream and tempeh bacon. This is followed by a section built for cheese lovers full of ideas to fill that craving without dairy (have yet to try but will update when I do). The book then covers vegan options for beef lovers, pizza lovers, heck even those who adore chocolate! This book is designed to tempt the pallet of those with some big craving who as the title states "could never go vegan"! Simply love this book and will use regularly. I will update this review as I tempt my meat loving household with these dishes! Follow up: I seriously doubted I could give up cheese, or that vegan cheese would be that good but just tried making their cashew blue cheese and all I can say is why, I am a convert!

This is an essential cookbook for anyone considering veganism but daunted by the idea of giving up non-vegan foods, and also makes a great addition to the cookbook shelf of anyone who already cooks vegan. All of Kristy's recipes are delicious and use "regular" ingredients - you won't need to hunt down a name-brand egg replacer or "nondairy cheese shreds". Occasionally Earth Balance or other vegan butter is suggested. I have successfully substituted coconut oil for vegan butter in all of those recipes so far, for anyone who wants to eschew the premade stuff. I've made almost a dozen recipes: the homemade BBQ sauce; green pea guacamole with homemade tortilla chips; baked bean and cornbread casserole; flourless chocolate decadence cake; BBQ jackfruit fajitas; chickpea omelettes; BBQ baked tofu; sweet and sour cauliflower; loaded Mexican baked potatoes; rosemary lemon poundcake; and molasses-hazelnut chocolate mousse tart. I have pretty much no negative feedback about any of those recipes. I made all of them as instructed and enjoyed every last one, particularly the baked bean casserole and the rosemary lemon poundcake. This isn't the kind of food that makes you think, "this tastes vegan". It just tastes awesome!! also love the way the book is organized, with chapters each addressing a different common food-related concern about going vegan, like 'I couldn't live without cheese'. Kristy's writing is friendly, approachable and honest. She's probably also living proof that you can give up cheese, since she discusses how she used to be a fromagier. There are beautiful full-color pictures to accompany almost every recipe, which is

another definite plus!! I wanted to note some critiques of the book, but I could really only think of one. Many of the recipes involve a lot of different steps and/or ingredients, especially because some recipe components are actually previous "base" recipes (e.g. the baked beans utilize the homemade BBQ sauce). This is definitely the wrong book for someone who wants to get in and out of the kitchen as soon as possible. But I believe that the results of these recipes are well worth the effort. Happy cooking!

Great book !!!! First recipe Artichoke Crab Cakes was a big hit !!! Family and friends loved it !!! They want me to make it again ...I love how there is an image for basically every single recipe.

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Vegan: 365 Days of Vegan Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan: Vegan Dump Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One) (Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The Ultimate Vegan Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) But My Family Would Never Eat Vegan!: 125 Recipes to Win Everyone Over VIETNAMESE VEGETARIAN FOOD - OUR FAMILY VEGETARIAN RECIPES: VEGETARIAN FOOD RECIPES FROM OUR VIETNAMESE HOME - VEGETARIAN FOOD RECIPES VEGAN RECIPES ASIAN ... RECIPES ASIAN VEGAN SERIES Book 1) Vegan for Everybody: Vegan Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) The Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook)

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