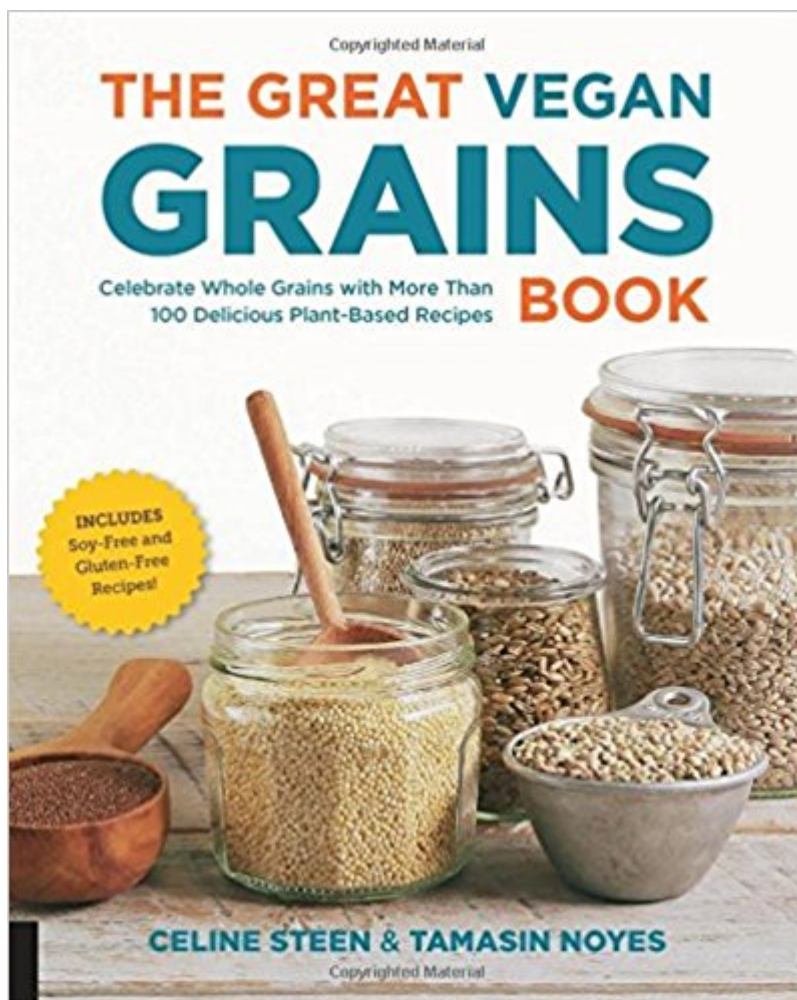


The book was found

# **The Great Vegan Grains Book: Celebrate Whole Grains With More Than 100 Delicious Plant-Based Recipes \* Includes Soy-Free And Gluten-Free Recipes! (The Great Vegan Book)**





## Synopsis

Enjoy over 100 whole-grain vegan recipes for every meal and occasion! Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans. That's where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too! Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as:- Quinoa Breakfast Pilaf- Apple and Oats French Toast- Sausage Smash Potato Hash- Spelt and Bean Burritos- Tempeh Buckwheat Bowl- Teff and Pea Fritters- Cracked Wheat Koftas- Roasted Corn and Barley Chowder- Warm Farro and Sweet Potato Salad Also enjoy gluten-free vegan recipes, such as:- Apricot Oats- Polenta Topped Mexi-Beans- Chickpea Millet Curry- Harissa Veggies and Rice Skillet- Spinach and Basil Quinoa- Sesame Purple Rice

## Book Information

Series: The Great Vegan Book

Paperback: 176 pages

Publisher: Fair Winds Press (November 15, 2015)

Language: English

ISBN-10: 159233699X

ISBN-13: 978-1592336999

Product Dimensions: 7.6 x 0.5 x 9.4 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #269,330 in Books (See Top 100 in Books) #59 in [Books > Cookbooks, Food & Wine > Cooking by Ingredient > Rice & Grains](#) #94 in [Books > Cookbooks, Food & Wine > Special Diet > Wheat Free](#) #393 in [Books > Cookbooks, Food & Wine > Special Diet > Allergies](#)

## Customer Reviews

"Whether you're sticking it to soy, saying goodbye to gluten, or looking to bulk up using nothing but

natural ingredients, The Great Vegan Grains Book is for you. With more than 100 recipes that transform common grains into nutritious, complete meals such as Chickpea Millet Curry, Teff and Pea Fritters, and Spelt and Bean Burritos, authors Celine Steen and Tamasin Noyes have applied their expertise across an array of satiating bowls." - VegNews

Celine Steen is the co-author of 500 Vegan Recipes, The Complete Guide to Vegan Food Substitutions, Hearty Vegan Meals, Vegan Sandwiches Save the Day!, Whole Grain Vegan Baking, The Great Vegan Protein Book, and the upcoming The Great Vegan Grains Book. She is the founder of the award-winning blog Have Cake, Will Travel ([www.havecakewilltravel.com](http://www.havecakewilltravel.com)). Tamasin Noyes is the author of American Vegan Kitchen, Grills Gone Vegan, Vegan Sandwiches Save the Day!, Whole Grain Vegan Baking, and the upcoming The Great Vegan Protein Book. She is the founder of [www.veganappetite.com](http://www.veganappetite.com) and has worked as a committed cookbook tester for many well-known vegan cookbook authors (such as Isa Chandra Moskowitz, Terry Hope Romero, Robin Robertson, Dynise Balcavage, and Kelly Peloza) and has cooked in several restaurants.

What an awesome book, another winner from Steen and Noyes! Wealth of information, really helps me take advantage of the bulk section of my grocery store, helping me save \$\$ buying bulk grains and use interesting, healthy ingredients. I had never used spelt berries in my life until I made the Spelt Chili from this book--SO DELICIOUS! And the serving suggestion to top it with guac was awesome, rather than buying vegan sour cream, more natural and super delish! Great book, excellent cooking tips and grain charts, looking forward to cooking many more winning meals from it!

Appreciate whole foods vegan recipes and also, the gluten free recipes

Great information!

very good read.

The price of the book is worth its weight in meatballs (wheatballs -as the recipe is named)! Since we tend to buy these by the bags (at around \$5 to 7 per bag) this book has already paid for itself in those alone. Not only that, but there are 5 different versions of the wheatballs (Italian, Asian, Moroccan, Indian and Mexican). This book is another in the "The Great Vegan..." series, and since it

is another one from Tamasin, it's another winner! The ladies cover all types of grains in this book: spelt, einkorn, barley, polenta, wheat, bulgur, amaranth, buckwheat, freekeh, etc. The chapters are broken into breakfasts, mains, sides and soups and salads. As typical for Fair Winds Press, the book is printed on high-quality paper with top-notch, full-colored photography. Take a look at the index to see what all the tempting recipes are that are covered in the book.

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

The Great Vegan Grains Book: Celebrate Whole Grains with More than 100 Delicious Plant-Based Recipes \* Includes Soy-Free and Gluten-Free Recipes! (The Great Vegan Book) The Great Vegan Bean Book: More than 100 Delicious Plant-Based Dishes Packed with the Kindest Protein in Town! - Includes Soy-Free and Gluten-Free Recipes! (Great Vegan Book) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) 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 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) The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! 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) Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) 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 Big Gluten-Free Bread Cookbook Vol. 1: Feel the Spirit in Your Little Kitchen with 500 Secret Holiday Bread Recipes! (Vegan Gluten Free Bread, Gluten ... Cookbook,..) (Gluten-Free Bread Territory) Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) 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 A Gluten Free Thanksgiving: How To Make a Delicious Gluten Free Turkey Dinner That Everyone Will Love (Fast, Easy and Delicious Gluten Free Recipes) Vegan: 100 Delicious Recipes For The Beginner Vegan Vegan Diet (vegan diet,vegan cookbook,vegan smooties) Vegan: High Carb Low Fat Vegan Recipes-Vegan Diet On A Budget ( Forks Over Knives,Crockpot,Slowcooker,80/10/10 Diet, Raw Till 4,gluten free,dairy free) ... diet,high protein,low fat,gluten free) 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) Whole Food: The 30 Day Whole Food Challenge Æ& –œ Whole Foods Diet Æ& –œ Whole Foods Cookbook Æ& –œ Whole Foods Recipes (Whole Foods - Clean Eating) Whole Grain Vegan Baking: More than 100 Tasty Recipes for Plant-Based Treats Made Even Healthier-From Wholesome Cookies and Cupcakes to Breads, Biscuits, and More

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)