



**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)**

*Celine Steen, Tamasin Noyes*

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# **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)**

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**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

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**From reader reviews:**

**Jane Garner:**

A lot of people always spent their very own free time to vacation or perhaps go to the outside with them family members or their friend. Do you know? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a book. The book 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) it is rather good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. When you did not have enough space to develop this book you can buy often the e-book. You can m0ore very easily to read this book through your smart phone. The price is not to fund but this book has high quality.

**John Pasko:**

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**Irma Tijerina:**

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