



Student's Go Vegan Cookbook: Over 135 Quick, Easy, Cheap, and Tasty Vegan Recipes

Carole Raymond

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The choice to follow a vegan lifestyle is simple when you've got a cookbook full of delicious recipes representing the very best of gourmet, ethnic, and basic cuisine—served up vegan style! Even better, these dishes are tailored to fit a student's schedule and budget, making a vegan diet possible for just about anybody.

Carole Raymond brings flavor and depth to vegan food with just a few inexpensive ingredients and recipes that are simple enough for even dorm-room cooks to wow their friends. Raymond also includes nutrition information that is vital to a healthy vegan lifestyle, as well as tips on stocking a vegan pantry, innovative substitute ingredients for all the foods you love, and suggestions on how to experiment with vegan dishes and make each mouthwatering recipe your own. Her collection of recipes includes such savory dishes as:

- Apple-Pecan French Toast
- Hash in a Flash
- Thai Spring Rolls with Spicy Peanut Dipping Sauce
- Déjà Vu Sloppy Joes
- Spanish Tomato Soup
- Basic Baked Tofu
- Millet Salad with Curry-Ginger Dressing
- Pumpkin Scones
- Ten-Minute Brownies
- Coconut Tapioca

And much more!

Whether you're a curious but passionate newcomer or already a dedicated pro, the *Student's Go Vegan Cookbook* has enough variety, simplicity, and strategies for you to make tempting vegan food for every meal—every day of the week!

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Recipes Details

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From Reader Review Student's Go Vegan Cookbook: Over 135 Quick, Easy, Cheap, and Tasty Vegan Recipes for online ebook

Aileena says

Normally I wouldn't add a cookbook-but this one is a pure miracle! Honestly-whether you're vegan or not-you need to look through this book. Its got fantastic reipes, made from simple indgredients-and its just so basic and delicious. Its a must for anyone wanting to eat healthier for less money!

margaret says

Not what I expected

I was disappointed in the recipes there wasn't much of a variety. There were no recipes for cakes or cookies.

Stephanie says

A lovely book, all recipes are really easy and thus very student friendly, not only money-wise.

It also includes a lot of basic cooking information.

Fishface says

Really excellent. Zillions of easy recipes that anyone can cook. Mostly easy-to-find ingredients, but encourages the reader to branch out. Inspires you to come up with your own ideas. Great, greater, greatest.

Newby says

Not bad. There were a few decent recipes. However, vegan or not, student's don't cook. It requires money and grocery shopping. Until some university creates a meal plan where you can flex basil and tofu at Super Fresh, it's not going to happen. As a cook book in general it's decent. No idea why they felt the need to gear it towards students though.

Amy M. says

I'm not sure if it was the book's format or the recipes themselves, but I just feel blah about this book. I didn't find a single recipe that I had just had to try.

Adrienna says

Vegans do not eat animal (meat) or animal-derived items such as meat, fish, eggs, cheese, milk, and honey. I have replaced eggs before with vegetarian (brown and white colored eggs) or even egg substitute in my teens (which I prefer veggie eggs). I have tried soy cheese, goat cheese in place of regular cheeses. I have also ate Boca and other veggie meats; fake meat is what meat eaters call it. However, how do you replace honey (since I use this in place of sugar)? Agave nectar, but as pricey as good honey.

This lifestyle, it is also to find restaurants that serve only vegetarian meals. You have to always be packed with foods or coolers. "Vegan eating is about thriving" (p.2). A majority of the recipes that they were able to create without meat, dairy products, or animal-such products. Not sure how it would taste and some I'm not willing to make from scratch like banana-walnut pancakes; however at whole food stores to get pancake mix and add banana and walnuts. I never tried or ate tofu, seems to be used a lot too. So found a few recipes to try in future.

Reading labels is important to this diet. I wonder how "lactose free" milk taste vs. soy milk.

Okay read and copied about 5-7 recipes out of the entire book.

J says

This vegan cookbook is ok, but you will probably have to spice some of these recipes up a bit. While easy, I found a number of them bland. You can find other just as easy recipes in other cookbooks. The only one I have made more than once is the Edamame Stir-Fry (which I do recommend). I only turn to this book when I am really low on ideas.

Meredith says

This cookbook is hit or miss. Some recipes are great (such as the black bean burgers) and others are really awful (do not try the mac & cheeze!).

Geogarden says

This is the first vegan cook book I owned. The black bean burger recipe is good and the energy orb recipe is delicious. I like the fact that she keeps the ingredients lists pretty basic and economical which is what a college student would need.

Nyx Cole says

Alright in general, but mostly useless in the recipes that are listed, though maybe alright for someone who is starting out and isn't worried about the overall health of well-rounded eating for getting all your nutrition from the food you eat.

Bunnyhugger says

This is a great little book. As the title says, the recipes are quick, easy and cheap (have you ever looked at 'quick' cook books only to realize that you and the author have different interpretations of the word?) I've tried several of the recipes with success. (I particularly love the Avocado and White Bean Burritos - easy and delicious!) I also sometimes use the recipes for ideas without following them to the letter. They are quite adaptable like that. I'd really recommend this one for anyone new to veganism who might be feeling overwhelmed with cooking in a completely new way.

Jeanette "Astute Crabbist" says

This is not gourmet, not even close, but I appreciate this little book because I am often only cooking for myself, and all of the recipes are 1 or 2 servings. Many of the recipes are simple and allow me to use up what I have around.

That said, it's a little hit or miss as far as which recipes will turn out well. They tend to require a bit of tweaking, especially with cooking times. Some of them are not worth tweaking at all! But still a book worth having around if you're single and want some easy recipes.

Lindsay says

This is a nice little book for college aged vegans or vegetarians. Unfortunately, some of the recipes are a little inconvenient, like the spring rolls or black bean burgers...what I mean by inconvenient is-the recipes mostly involve too many ingredients and too much preparation time for a cookbook that claims to be simple. Other than that, it DOES have some tasty recipes...and those spring rolls are divine if you can handle the messy preparation.

Rachael says

I think this is a good springboard cookbook. While vegan, a lot of the recipes seemed pretty unhealthy in terms of the other ingredients--there isn't much attention to fat content, for instance. I think this book is best used for ideas, not necessarily as a cooking bible.

With that said, I like both the simplicity of the recipes and of the ingredients--none are very expensive in terms of time or money.
