



Easy Peasy Vegan Eats: Healthy Cooking for Busy Peeps

Mary F Lawrence

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“Easy Peasy Vegan Eats takes what can be an overwhelmingly difficult concept and breaks it into small, easy-to-digest bites. Mary Lawrence provides incentive, tools, and best of all, her amazingly simple and delicious recipes. Filled with engaging narrative and easy-to-understand directions, there are no more excuses to not take this all-important step towards saving animals’ lives as well as improving your health and quality of life.” (Kathleen Schurman, Owner/Founder, Locket’s Meadow Rescue and Sanctuary) Easy Peasy Vegan Eats is the perfect cookbook for someone beginning their transition to a vegan diet as well as for the seasoned chef looking for some fresh new ideas for incorporating vegan menus into their repertoire. Featured in this book are quick and easy recipes and meal-planning ideas for people who want to eat healthy but just don’t have the time. This cookbook addresses concerns such as where to get your protein, budget-friendly cooking, and how to save time and your sanity in the kitchen. Chef Lawrence offers numerous tips and tricks gathered from over a decade running her successful vegan personal chef business, Well on Wheels (<http://www.wellonwheels.com>). Recipes such as Chipotle Smoked Paprika Split Pea Soup and Endive Boats with Cashew Cream Cheese and Sundried Tomato Tapenade elevate the ordinary with stunning flavor combinations. As one client attests, “the meals are just incredible - so delicious, beautiful to look at and a pleasure to put in my body. I am aware of feeling better, physically, after eating them. My appreciation for her artistry just keeps growing.” With over 125 gluten-free, vegan recipes, Easy Peasy Vegan Eats contains a symphony of flavors to tantalize the tastebuds. Could Walnut Neatballs with Fire-Roasted Tomato Marinara possibly receive approval from an Italian mom? Of course! And how about the Chocolate Ambrosia Tart with Toasted Coconut Almond Crust? Yes, please! Who says vegan food is boring? Not this chef! Chef Lawrence dispels that myth by highlighting recipe versatility and focusing on how to create culinary balance through color, taste, and texture. Her tips for getting the party started in your kitchen and choreographing a multi-course menu will have you jumping at the chance to host your first vegan soiree.

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