



Barefoot and in the Kitchen: Vegan Recipes for You (Vegan Cookbooks)

Ashley Rowe

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This heavily illustrated vegan cookbook is packed with delicious recipes and entertaining essays. Not at all an exclusive affair, *Barefoot and in the Kitchen* works with ingredients available to folks everywhere—not just those with access to fancy health food stores. Make a basic white sauce, your own seitan, mac'n'cheese, cornbread, and cookies. Folks who have been vegan for awhile will love variations like stuffed shells, dirty rice, and "Cinnamon Buns of Doom." For Ashley resistance is tasty and once you try out these recipes your resistance will taste good too!

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