



The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them

Ayinde Howell, Zoe Eisenberg

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A cookbook and advice guide for vegans dating non-vegans. Delicious recipes by a respected chef, and advice on relationships, dating, and sex when one wants tofu while the other wants a cheese burger.

Irreverent humor, solid advice, and good eats!

This combination cookbook and lifestyle book takes a unique look at inter-palate partnering, with personal stories and tips for peaceful co-existence when one partner wants a cheeseburger and the other wants a tempeh slider.

Award-winning Chef Ayinde has crafted 80 delicious recipes that both vegans and omnivores can enjoy together, including:

- Classic Cloud-Nine Pancakes
- Tuscan 12-Vegetable Soup with Savory Biscuits
- Habanero Portobelo Fajitas
- Crispy Spring Rolls
- Cherry Cobbler and Cacao Nibs
- Many more

Ayinde and Zoe are longtime vegans, but they have something else in common; neither has ever dated another vegan. After comparing notes, they realized the need for a manifesto to help vegans and omnivores navigate their cross-cuisine love life. The book shares tips for vegans who want to satisfy the appetites of their omnivorous counterpart, and for non-vegans who want to impress their plant-based partners.

The authors' personal experiences and advice can be irreverent, but always on the mark for people needing relationship solutions, both romantic and culinary. Loaded with humorous anecdotes and seductive full-color food photographs. *The Lusty Vegan* provides delicious recipes and lots of fun along the way.

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Vicky Penn:

Are you kind of active person, only have 10 or perhaps 15 minute in your moment to upgrading your mind talent or thinking skill perhaps analytical thinking? Then you are receiving problem with the book when compared with can satisfy your short time to read it because this time you only find publication that need more time to be study. *The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them* can be your answer since it can be read by you who have those short time problems.

Ronda Powers:

The book untitled *The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them* contain a lot of information on this. The writer explains your ex idea with easy way. The language is very straightforward all the people, so do not necessarily worry, you can easy to read this. The book was published by famous author. The author gives you in the new time of literary works. It is easy to read this book because you can read more your smart phone, or model, so you can read the book in anywhere and anytime. In a situation you wish to purchase the e-book, you can open up their official web-site in addition to order it. Have a nice go through.

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