



The Make Ahead Vegan Cookbook: 125 Freezer-Friendly Recipes

Ginny Kay McMeans

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A plant-based diet that is as satisfying as Mom's home cooking

Vegan food with down-home appeal is the sort of vegan food Americans want to eat. Sit down to a dinner that looks and tastes great, but just happens to be completely plant-based so it's also good for you. That's how Ginny McMeans cooks, and here she shares 125 of her favorite recipes. Every recipe can also be made-ahead and frozen for later, as these meals are designed for the busy person. This is delicious, homemade, everyday food that you can cook fresh on a whim or pull from your freezer for a quick healthy supper. Recipes include:

- Sweet Potato Chili Logs
- Ranch Tacos
- Slow Cooker Marinara Sauce
- Green Bean Casserole
- Soft Cinnamon Sugar Pretzel Bites

It's the kind of food you'll simply want to make and eat.

125 color photographs

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