



# Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes

*Dana Shultz*

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**The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare**

Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

*Minimalist Baker's Everyday Cooking* is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.?

**Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes Details**

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# **From Reader Review Minimalist Baker's Everyday Cooking: 101 Entirely Plant-based, Mostly Gluten-Free, Easy and Delicious Recipes for online ebook**

## **William J. says**

I won this book from Goodreads First-reads and was very excited to receive this cookbook because we have Vegetarian/Vegan family members and dinner is always an event that we enjoy. This cookbook has many great recipes that I know you will want to try. These plant-based recipes have many options for breakfast, appetizers and sides, main dishes, desserts and beverages. There is a very helpful resource section that tells you how to make a flax egg, vegan parmesan, cauliflower rice, peanut sauce, an easy vegan bbq sauce, and more. The ingredients are simple, minimal, easy to prepare and delicious. There are very helpful pictures of what your final product should look like when you prepare the recipes. You will also find the nutrition information section and recipe index at the back of the cookbook helpful.

We have made several of the recipes and love our cookbook. We know that you will love it as much as we do if food is one of your passions. I highly recommend that you buy, gift, but most importantly make some recipes from this cookbook.

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## **Cat says**

We use this cookbook multiple times a week. All of the recipes are easy and relatively fast. The photography is amazing and the instructions are totally accessible. This is an excellent book for new and seasoned vegans alike! Dana Shultz is also very aware of gluten allergies and clearly marks which recipes are gluten free. I can imagine that would be pretty useful for a celiac vegan. I would say 90% of the recipes we've tried from this book turned out great. There were some duds, but that's true of any cookbook, you can't account for all tastes with each and every single recipe. I'm sure the ones I'm not crazy about are someone else's most bookmarked recipes. In short: I don't think you can go wrong with this book.

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## **Irene says**

\*UPDATE: AUGUST 7, 2018\*

I made the hearty cacao black bean burgers this past weekend and must share the following warning to anyone interested in the cookbook: you'll need to adjust as needed. As many recipes call for 10 ingredients or less, not enough flavour either in the intensity or quantity. You have been warned :)

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I use this cookbook on a daily basis for cooking and baking. Versatile recipes inspired by different cuisines. Focus on Gluten-Free ingredients. Some recipes come in ten ingredients or less. Easy to follow recipes and helpful notes in the beginning and in the end to learn how to make vegan parmesan as well as how to stock up your pantry! Hummus is delicious. Love the muffins and loaf recipes. However, be warned - the cookies will always be just a little too soft, even if you cool it according to the instructions.

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## **Marathon County Public Library MCPL says**

This is a fantastic treasure trove of vegan and mostly gluten-free recipes that are beautifully illustrated. I was thrilled to see Minimalist Baker publish a cookbook, as I've been following their vegan website for a while now. I can personally vouch for the one-bowl funfetti cupcakes, as well as many other recipes, so I'm very excited to start cooking many of the recipes that are featured in this gorgeous new, fully illustrated cookbook. I highly recommend this for anyone who is vegan, has food allergies, or is interested in clean-eating recipes. This is one cookbook I'd love to own my own copy of!

Sarah M. / Marathon County Public Library

Find this book in our library catalog.

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## **PorshaJo says**

I love this book. The author indicates that all the recipes either require 10 ingredients or less, 1 bowl or 1 pot, or 30 mins or less to prepare. Each recipe has a map in the upper corner indicating exactly that for the recipe. Many of the recipes can also be made gluten free which is also marked in the map. I'm OK with gluten, but have a friend who must eat gluten-free so nice to have more recipes to make now for him.

The book came about because of the blog, Minimalist Baker. I'm sure I've run across it in the past but it has just been recently where I actively check the blog and make items from it. One recipe for a spicy tofu made in a cast iron pan is now a house favorite which I make way too often. So when I found out about this book I could not wait to get it.

Every recipe has a gorgeous photo, a \*huge\* plus for me. And they are beautiful, focusing just on the food. There are lots of recipes for breakfast, apps and sides, main dishes, desserts, and drinks. Probably one of the huge perks in this book is the nutritional information appendix which contains the info on each recipe.

The recipes are very enticing, can be made quickly (30 mins or less), and use easily obtainable items. No fancy processed vegan products. I plan to use this book frequently in my house and plan to take tons of 'food porn' photos, though they would be nothing compared to those in this book.

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## **Kathy says**

I am trying to eat a whole foods plant based diet so am always looking for recipes I think I will enjoy. This cookbook is loaded with them. The only issue is that I also try not to add oil or refined sugars when I cook and most of these recipes have one or the other. That said many of these recipes would be easy to adapt and make without added oil or sugar. Lots of great recipe ideas for those looking for plant based ideas that don't contain too many crazy ingredients.

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## mo says

Okay, so I've never actually written a review for a cookbook before, but who says that's gonna stop me. Life is short, and I love this cookbook, so ?(?)?

First off, this is maybe *the most accessible and easy-to-cook-with collection of vegan recipes I own*. I'm not some mega-cook or anything, but I've been gifted a good number of vegan cookbooks over the years by vaguely-weirded-out-by-veg\*nism-but-trying-to-be-kind southern relatives, so I've tried quite a few. And other than a couple of Isa Chandra Moskowitz's cookbooks, this is the one I turn to the most.

So what's it got going for it?

### # EASE OF USE

I work a full time job and am about to start college again. My time is limited, especially since I haven't learned how to substitute absorbing the life force from my enemies for sleep (yet). So, though I enjoy baking, cooking is one of those things I kind of dread a little bit sometimes.

**This cookbook makes approaching my tiny-ass kitchen to prepare myself some food a less dreadful prospect.** In fact, I just have to remind myself that if I just start chopping the damn vegetables or marinating the forking tofu, I can have a good dinner that'll keep well as leftovers without a ridiculous amount of effort. Most recipes only require 1 bowl or pot to cook in, and everything is explained in clear and concise language. YAY.

### # BUDGET-FRIENDLY

I can't exactly afford to buy xanthan gum, non-dairy substitutes for cream cheese, or like...goji berries or w/e, at least not if I also want to be able to buy anything else during a month. Luckily, this cookbook hardly ever requires super high-priced crunchy granola ingredients, and when it does, I can pretty easily sub in something more cost-effective.

The recipes also don't focus inordinately on things like seitan (which I love, but it's either expensive or preparation-intensive if you wanna make it yourself) or on meat substitutes. The recipes themselves contain enough nutritionally-balanced ingredients that - for most - would render the extra protein from stuff like that unnecessary.

### # TASTY

I've tested out tons of these recipes on coworkers, family, and friends. Some favorites (from off the top of my head) include tiramisu cake, enchiladas (which my sister practically exclaimed over one time, lmao), the super-thick chili, banana-pecan-chocolate muffins, garlic scalloped potatoes, zucchini muffins, lasagna, jumbo chocolate chip cookies, and so on. These aren't supposed to be diet-focused recipes or anything, which I love. I didn't go vegan for dietary reasons. \\_(?)\_/ I just want to make sure I'm getting myself fed and checking off basic nutritional guidelines, so this book suits me fine.

If I had to name a flaw with this cookbook, it'd be that there's a few too many drink recipes in here for my taste, especially in the breakfast food section. I don't mind having a smoothie every now and then for breakfast, but I don't usually need recipes for those. I'd rather have had another recipe or two on something savory or another baked good.

Anyway, for new vegans, the veg-curious, longtime vegans/vegetarians, and so on, this could be a good cookbook to give a try. It's got a good variety of flavors and a nice, accessible approach to cooking.

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### **Tracy says**

All of the recipes I've made so far have been excellent and as I paged through the book I found just about every recipe appealing. The one thing I have learned is that I prefer quite a bit more spice, so going forward will add at least 50% more to all recipes I make from the get go. I borrowed the book from my public library but have now purchased it - my only cookbook purchase of 2017 (so far)! This author (I love her website too) is now up there with Angela Liddon, Isa Chandra Moskowitz, and Dreena Burton for me. I try to eat a mostly plant based diet and I prefer recipes that use reasonable amounts of oil like this author (as opposed to none!). I personally love gluten (!) so although the author offers ways to make certain recipes gluten free (and marks the ones that are at the top of the recipe, along with whether it is 1 bowl or pot, 10 ingredients or less, or 30 minutes or less), I just used regular oats, etc.

Although I've successfully made several dishes from her website, which brought me to this book, here's what I've made so far from this cookbook (it's been a bit too hot to cook so have been making a lot of smoothies and overnight oats lately):

- Ginger Colada Green Smoothie (I can't believe I've never added a piece of peeled ginger to a smoothie before - awesome! I did add the optional flax seeds and hemp hearts but sweetener wasn't needed. Great tip on keeping prewashed bags of spinach/kale in the freezer!)
- Mango Coconut Lassi (because I used frozen mango this was almost like soft serve - and a gorgeous yellow. I researched and found out you can freeze coconut milk in ice trays and then move the cubes to a freezer bag for a month because I really wanted to make this one but didn't have a plan on what to do with the rest of that can of coconut milk! The frozen cubes should be thawed and blended before using. (per America's Test Kitchen).)
- Spiced Buckwheat Pancakes (Used buckwheat, spelt, and rolled oats. Excellent but will add more spices next time. Made exactly 8 pancakes like the recipe said it would. Good tip to freeze any extra pancakes.)
- Hearty Cocoa Black Bean Burgers (I used olive oil instead of the called for grape seed or avocado oil. The recipe makes 4 but those would have been too big so I made 8 and froze the extra per her instructions. I decided to follow her optional baking instructions after browning them "to dry/crisp them up a bit" - yum! Good easy sauce recommendation. Will add more spices next time - could hardly taste the chili powder.)
- Peanut Butter Pad Thai (This is the best Pad Thai I have ever made - because of her sauce. I didn't have "chili garlic sauce" so used Sriracha hot chili sauce instead and didn't change any of the other spices and it was absolutely delicious. I happened to have tamarind concentrate - Swad brand I found at a Tony's Finer Foods for another recipe that didn't make it into my regular dinner rotation- so was especially happy to find a new recipe that uses it that WILL make it into my regular dinner rotation!)

Absolutely gorgeous photographs accompany all of the recipes and the book is nicely bound with a hard cover. Truly a beautiful cookbook. Nutritional information is included in the back - a nice addition.

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### **Varied Books says**

Skimmed thru 3M. I wasn't impressed w/ the layout. The recipes didn't grab me, maybe buy if the price comes way down.

Price dropped to \$1.99 so I got it.

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### **Elske says**

In between 3 and 4 stars. I really like the blog Minimalist Baker and I have definitely turned to Dana Schutz again and again for delicious recipes. This book is no exception. Almost every recipe that I've tried, I've at least liked. So why not 4-5 stars? Because there is not much variety. Dana uses a lot of chickpeas, sweet potatoes, the same tahini dressing and the same dough (for pies, the pop tarts from her blog and so on which I find a bit bland). They're delicious recipes, but I miss the variety in this book and the inspiration from the blog. Some recipes are just slightly adapted from the blog, so you don't really need this book. If you, like me, prefer cooking from a cookbook, then yeah, get this. Otherwise, just use her blog. It's excellent.

That being said. I use this book a lot and people really like the results.

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### **Stephanie says**

The recipes in this cookbook are the same style as their blog and I am going to enjoy making these recipes. I found that I cannot eat certain foods that are required to make some recipes (which stinks), so I'm not sure how I am going to adapt the recipes to fit my needs.

4/5 stars

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### **Lara says**

This cookbook clearly works for a lot of people, but it's just one of those that's not my style. Very little looks appealing to me, and I'm not crazy about the layout--the Courier-like font really bugs me. Also, I get the idea that minimalist means 30 minutes or less, 10 ingredients or less, or 1 bowl or pot, and it's nice that which of these each recipe is can be found in the upper corner of that page. But some of them don't really make sense to me.

For instance, the Vegan Kale Caesar Salad recipe says it takes 60 minutes total to make (15 minutes prep time, 45 minutes cooking time), which seems like an awful lot of time for a salad! And when I actually read the recipe I can't figure out where on earth that time is coming from. You're supposed to quick-soak some cashews, but the recipe says to do that for a whole hour after boiling water to soak them in first, and then it also says to use roasted garlic, which is on another page and that recipe says it requires half an hour total cooking time, which I'm assuming you would do at the same time as you're soaking the cashews, but then once those things are done you still have to blend everything together and massage the kale, and put the rest of the salad together, which seems like it would add up to at least an hour and a half total. It makes extra dressing, apparently, that can be stored for up to 10 days, so the next time you made this it would take way less time, but the math just really confuses me.

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## **Lisa Vegan says**

I've loved the recipes I've seen on the blog and so I was very interested to read this cookbook. I like that many of the recipes require 10 ingredients or less, one bowl or one pot, and 30 minutes or less to prepare. That's my kind of cooking! I think the blog recipes stick to those "rules" but not all the recipes in the book do, but enough do, and each recipe does show estimated prep/cook/total times. A few seem worth the extra time they take.

Gorgeous photos!

Contents:

Introduction

Resources

Methods

Breakfast

Appetizers + Sides

Main dishes

Desserts

Beverages

Minimalist kitchen

Appendix: nutrition information

Recipe index

Acknowledgments

About Us

The couple is adorable and the writing friendly/accessible.

There are too many recipes in here that I want to make to even start a list and this is one book I wish that I could own, but soon I'll be needing to give up books rather than accumulating books so I can't justify buying any cookbooks. Thank goodness for the library!

There are many great tips throughout.

I need to return the book in a couple of days but I will probably borrow it again. I haven't had time to make anything but there a few things I will probably make from it. Some of the recipes are healthy some much less

so but these aren't the kinds of things I cook every day anyway so eating them every once in a while is fine and healthier than the convenience foods I sometimes eat.

Recipes such as: cauliflower rice, peanut sauce, rustic garlic + asparagus tofu quiche, The vegan breakfast burrito, pumpkin chocolate chip bread, banana chocolate pecan muffins, Orange Moroccan spiced nuts, Southwest sweet potato black bean dip, creamy broccoli + "cheddar" soup, garlic "cheddar" herb biscuits, garlic scalloped potatoes, parmesan garlic green beans, White bean posole Verde, super-thick three-bean chili, cornbread chili potpies, butterbut squash kale + quinoa bake, easy weeknight burrito bowls, cashew soba noodle salad, better-than-restaurant vegan nachos, spicy braised tofu tostadas, The best vegan enchiladas, smashed black beans green chili taquitos, Thai quinoa meatballs, hearty cocoa black bean burgers, Thai peanut burgers, pizza burgers, deep-dish pizza with tofu ricotta, butternut squash garlic mac 'n' cheese, peanut butter pad Thai, sweet potato sage raviolis, simple tomato + lentil ragu, classic vegan lasagna, 1-bowl jumbo chocolate chip cookies, chocolate-dunked peanut butter cookies, apricot hand pies, pumpkin apple upside-down cake, vegan vanilla cupcakes, strawberry swirl ice cream, peanut butter cup puffed rice bars, fresh-pressed apple cider, etc.

I appreciate that options for substitutions are given right within the recipes, and I like that at the end of the book estimated nutrition information is given for the recipes. With some of the recipes that interest me I think I would try for less sweeteners than is sometimes called for, maybe down to zero, but I tend not to like my savory foods to have a sweet taste, and even some sweet things I prefer less sweet. Not all! Give me my chocolate frosting & cake but when it comes to jam, for instance, I prefer the fruit only kinds. Buying apples, tomatoes, etc. that are naturally sweet is my preference. But I'd have to use some trial & error with these recipes.

I finished this late at night, well past the time I normally eat, and this book made me hungry. I should learn to read cookbooks only when I can eat, and preferably when I can actually make and eat one of the enticing recipes. Meaning having ingredients on hand, the time, etc.

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### **Sarah Mackintosh says**

I felt like, with all the components of each meal, the recipes ceased to be "minimalist." There are some great ideas and options here there for those of us who need to avoid meat, eggs, and dairy!

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### **K.N. says**

I will preface this by stating that I **LOVE** the *Minimalist Baker* blog. I found it once when I was searching for a vegan recipe. Then it came up again when I searched for a different vegan recipe the next week... Pretty soon I recognized the name and would pick *MB* recipe links over the others. As soon as I saw that she had a book coming out, I pre-ordered it!

I love the concept and execution of the 10 ingredients or less, 1 bowl or 1 pot, and/or 30 minutes or less to prepare requirements, and that's followed in the cookbook.

The book is big and gorgeous, everything is in easy-to-read font with clear instructions and most have additional notes. Nearly every recipe has an accompanying, mouth-watering photo.

My one peeve is that while I am definitely excited for more than half the recipes in this book, there are others I'll probably never look at again; I already have recipes off the blog that I'll use as bookmarks in their place. Easy Vegan Ramen is one for sure! My favorite!

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