



Eat Like You Give a Damn: Recipes for the New Ethical Vegan

Michelle Schwegmann , Josh Hooten

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Entrepreneurs and ethical vegans Michelle Schwegmann and Josh Hooten first satisfied their passion for saving animals by designing and selling a successful line of clothing that promoted cruelty-free ethics: Herbivore. Inspiring people to eat like they give a damn, Michelle and Josh share over 100 recipes for their favorite everyday vegan dishes, which they've tucked into an original book design that reflects their art and ethics. Their recipe list is anchored with a panoply of comfort foods, such as hot soups and chili, mac 'n'cheese, and sweet potato fries, all served up with a touch of whimsy. An Elvis Quesadilla with Maple-Yogurt Drizzle crosses paths with Praise Seitan Vegan Roast and Oma's Full of Beans. Roasted Beet Burgers sidle up to Only-Kale-Can-Save-Us-Now Salad and Pesto-Parmesan Corn on the Cob. With ample helpings of sass and heart, the authors intersperse their recipes with treatises on why vegan and how vegan. In addition, the authors provide support for vegan parents of vegan children and anyone who wants to indulge in the meat- and cheese-based foods they grew up loving, without sacrificing any animals to enjoy them.

Eat Like You Give a Damn: Recipes for the New Ethical Vegan Details

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PorshaJo says

Never got a chance to review this one..... I actually won this book via a blog and the book was shipped directly from the publisher. It includes numerous recipes with tons of glossy, mouthwatering photos. This book would be great for someone who wants to explore veganism and perhaps starting to cooking vegan. The recipes are solid recipes that don't have crazy, hard to find ingredients or packaged/fake foods. They also are not complicated recipes. Each recipe includes the nutritional analysis information which is always a plus. I would suggest this book to new vegans, people interested in eating more plant-based meals, or just someone looking for some new interesting recipes.

Andrea says

I'm not vegan, but I work in a vegan cafe and about 90% of my meals are vegan. I think I've been indoctrinated by the vegan chefs where I work. They are very much against vegan alternatives. You won't ever find egg substitutes or animal milk substitutes in the kitchen. I was expecting more unapologetically vegan food rather than vegan food trying to satisfy the cravings of people who aren't vegan. This is a great cookbook for someone trying to switch from omnivore or vegetarian to vegan. It's also a good book for someone who is vegan and craves some non-vegan things. I was looking for more farm to table types of vegan recipes.

Gail says

DAMN! These recipes are fantastic. Yum, yum, yum. Thanks wonderful Herbivore people!

Rainey says

Keep this around for a great resource.

Emily says

I want to hand the intro of this book to every person who asks me why I'm a vegan. There are so many reasons that it's hard to just give them ONE. The environment, the climate, compassion, human rights, etc all come to mind & this intro really lays it out in an easy to read and understand format. Also the recipes are awesome, duh!!!
