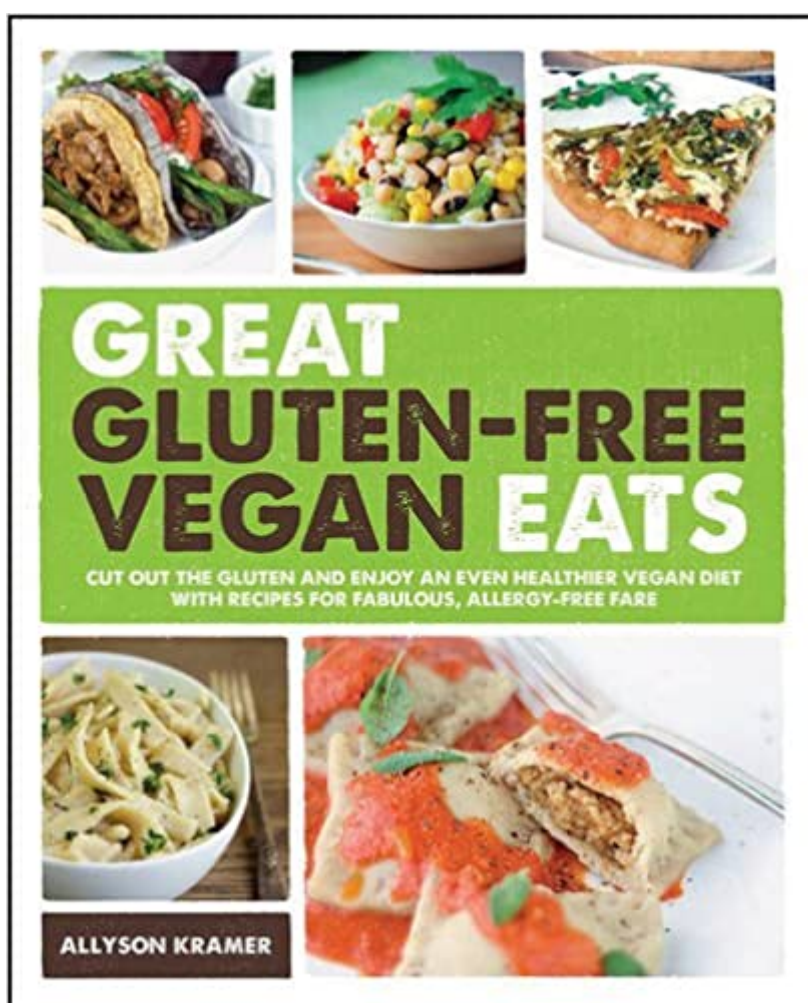


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# Great Gluten-Free Vegan Eats: Cut Out The Gluten And Enjoy An Even Healthier Vegan Diet With Recipes For Fabulous, Allergy-Free Fare



## Synopsis

Following a plant-based, gluten-free diet is one of the healthiest lifestyle choices around, yet it can be a challenge to create meals that not only match your needs, but taste delicious too. But not any longer! Great Gluten-Free Vegan Eats shows you exactly how to create compassionate and wheat-free recipes that are impressive enough for even the most seasoned foodie. Full of fresh and all-natural ingredients, the 101 fully-photographed, scrumptious recipes you'll find inside prove that eating vegan and gluten-free doesn't have to be a sacrifice, but a delight! From tempting appetizers, to hearty mains, to luscious desserts, you'll find dishes to suit your every need and craving, including: Cherry Vanilla Bean Pancakes Mediterranean Croquettes Coconut Asparagus Soup Walnut Ravioli with Vodka Sauce Rosemary, Leek & Potato Pie Chocolate Hazelnut Brownie Cheesecake Banana Berry Cobbler Live a healthy and sustainable life, while still enjoying the foods you love, with Great Gluten-Free Vegan Eats!

## Book Information

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## Customer Reviews

Listed as one of the Top 10 Vegan Cookbooks of 2012 by VegNews Magazine. "Blogger Allyson Kramer does what many thought impossible: she makes tasty, delicious food that is gluten-free. Simply put, this book wooed a staff that, shall I say, hasn't always fully embraced foods made sans wheat protein. Kramer packs a winning one-two combo: she is a gluten-free flour expert, and she knows how to use them. You won't miss a thing." - Joseph Connelly, Publisher of VegNews Magazine "Allyson Kramer's debut cookbook is the essential guide for deliciously creative,

gluten-free, vegan eats! Filled with gorgeous photographs and mouthwatering recipes like Banana Berry Cobbler and Spinach Artichoke Dip, Great Gluten-Free Vegan Eats will inspire you to cook in a whole new way!" - Julie Hasson, author of Vegan Diner Listed as one of the top 5 cookbooks of 2012 by Vegetarian Times. "It takes a lot of talent to adhere to two dietary restrictions and still come out with tasty recipes the way Allyson Kramer has done in Great Gluten-Free Vegan Eats." - Vegetarian Times, December 2012 "Great Gluten-Free Vegan Eats is a solid reflection of Allyson Kramer's style and a shining example of why her blog, Manifest Vegan, has become so popular. Allyson delights the senses with stunning visuals, flavorful ingredients, and simplistic recipes that will make you forget about eggs, dairy, and gluten altogether." - Alisa Fleming, author of Go Dairy Free: The Guide and Cookbook "Being a gluten-free vegan just got a whole lot better, thanks to Allyson Kramer. In Great Gluten-Free Vegan Eats, Allyson dishes up a broad range of creative, tasty dishes. With beautiful photographs, this book will tempt eaters of all dietary persuasions." - Tamasin Noyes, author of American Vegan Kitchen "Allyson has so many delectable recipes that it's hard to decide what to make first. You'll find yourself cooking from this book again and again." - Kathy Hester, author of The Vegan Slow Cooker "In her debut cookbook, Allyson Kramer opens up a world of delicious possibilities for those eager to learn more about eating gluten- and animal-free. You'll be amazed by the creative flavor combinations and mouthwatering photos, which will have you racing to your kitchen to try them out." - Beverly Lynn Bennett, co-author of The Complete Idiot's Guide to Gluten-Free Vegan Cooking "Allyson's recipes are living proof that vegan as well as gluten-free food is delicious and fun! 'You can eat cake' ... and then some!" - Carolyn Scott-Hamilton, author of The Healthy Voyager's Global Kitchen

When I was about 8 years old, I fell deeply in love with cooking. It all began with a simple cookie recipe that I will never forget (you can find the recipe in this book on page 192). I can honestly say that I have cooked or baked almost every single day since that realization, mostly out of a simple desire to eat delicious food. As time passed on, I eventually went vegan and then even later I was diagnosed with celiac disease, but my love for cooking never waned; in fact, it only grew stronger. This book is a collection of my favorite recipes: some are newer creations, some old family favorites, but all are gluten-free and animal friendly. I want to show people that just because some of us have certain dietary restrictions, truly great eats are just a recipe or two away. No matter what your dietary preferences, whether you're an omnivore, a vegetarian, eschew gluten, follow a vegan diet... or anything else, I created these recipes with you in mind to enjoy on your own or to share with others.

The recipes in this cookbook are amazing. I'm one of those type of people who buy cookbooks but don't really use them. This book however has been used a gazillion times. Not only have I made many of the recipes, I've made several of them multiple times. My aunt offered to pay me to make the potato leek pie again.

So it's said from the start - I don't know the author, haven't met her (I DID have a short tweet back and forth where she answered a question regarding a recipe for me, but no contact in any other way). I don't know the publishers, her editor, have no financial connection to the book's success. I want to make ~that~ clear, because of just gushing this review is going to be, I don't want folks to think her mom/cousin/best friend is trying to help her sales here!! I'm a cookbook addict. My personal library passed the 1,000 cookbook/food related tome mark a few years. (Hey, it's cheaper than shoes or baseball cards and more helpful to friends & family. And scarily, the rest of my library contains ~larger~ topic collections.) I love to read about food, love to wander oddball little shops and out of the way farmer's markets. One of my biggest joys is being able to feed people. My idea of a perfect date weekend with my husband tends to involve a day of searching out new ingredients and the next spent playing together in the kitchen putting a meal together. I'm a cooking instructor, a writer myself, and am even in the process of starting a small catering business on the side. I read cookbooks like novels, have dozens of notebooks filled with food ideas/concepts/historical trivia.... I'm a serious food nerd in every way. So. All that being said, and considering the fact that I've likely bought 300+ food related books in the past 3 years - it actually DOES mean something when I write that Great Gluten-Free Vegan Eats is, without a doubt, one of the (if not THE) best cookbook I've run across in quite a long time. I do have celiac, but I'm NOT a vegan (or vegetarian) and this book has still become Must Reach For First when I'm thinking about planning the days meal. And Mrs Kramer has put together a simply spectacular book, one that manages to both address some sometimes difficult to get a handle on food issues (never again being able to eat gluten & veganism) AND to make those recipes a joy for anyone to eat - with or without those food issues. Gluten-free Vegan recipes are a lifesaver for so many celiacs, even those who aren't (like myself) vegan. One of the real kicks in the butt with celiac (and many other food allergies actually) is that the damage done before the diagnosis often leads to other food issues. I'm lucky, I CAN handle dairy but more that 60% of the celiacs I know are now lactose intolerant. (And while dairy is fine for me - I'm allergic to eggs. And I find over and over in other GF cookbooks that the default 'fix' for no gluten is to bang in a load of eggs. Some GF bread recipes have called for as many as a ~dozen~ eggs. Which isn't

bread, it's a dried out omelet.) Having a book that handles no dairy & eggs along with the gluten in stride is simply a Godsend. And even MORE important, they all taste AMAZING. Every recipe I've tried (I believe I've worked my way through about 15 or so - and I plan on making every single one) has been solid. There is amazing variety - from the absolute basics, through to classic comfort food, on to more exotic fare for the days your tastebuds just need something, anything, -different-! She explains GF-vegan pantry building. Gives recipes for GF-V basics to use in the rest of her recipes (how to make Cashew Cream - which she uses in recipes, but honestly... just grab a spoon and curl up on the sofa - nut milks, pie crusts, veggie stock, and even your own white chocolate bar so you are guaranteed to have an excellent quality that you know to be safe.) and keeps building. Photos that will make your stomach growl for every recipe. Incredibly healthy recipes alongside some seriously decadent ones. But she manages to make the healthy ones taste so amazing you feel smug about your 'resolve to eat right' and the decadent ones so rich and satisfying that you cheerfully climb onto the treadmill! This is a cookbook that belongs on EVERY shelf. Not just celiacs, not just vegans. The recipes and the information are, simply and across the board, spectacular and will satisfy every eater. Even folks who prefer meat 3x a day need this book. It's not preachy, it's not ranty. It's just ~good~. More and more people are looking for vegetarian recipes for reasons ranging from a desire to simply eat healthier to trying to trim the grocery budget. Vegan meals pop up more and more in my own cooking because I have switched over to only buying meat from a local farmer who goes slow with his critters. Humanely treated & fed what they were meant to be fed - which does cost more. So I just eat a lot less. Vegan recipes help keep the purse full longer! The author has not only written an amazing cookbook to lure folks down the veggie path - but she has managed to make her recipes just as wonderful for folks who don't have to worry about gluten. Few "weird" ingredients, and definitely no 'weird' tastes or textures to put folks off in the baked goodies. The book belongs on everyone's shelves. The author has a website (...) that I'll be haunting often to see what will come next out of her goodie bag - but I truly hope this book ISN'T her only offering because I really want to see where she builds to from Great Gluten-Free Vegan Eats. I had hit a bit of a cooking slump before I got my hands on her book (like almost everywhere in the US, it's just been too hot to move, let alone cook. And the thought of even eating was enough to make me whimper!) but she has gotten my cooking engines revving, my stomach growling, and my tastebuds clamoring for more! If you only buy one cookbook the rest of the year, do yourself a favor and make it this one. You won't be sorry.

I have both of her books. I am a gluten free and sugar free vegan and I find her books the BEST I

have ever read. I do have to say I am a yankee and can't stand cilantro and lemon so most of the "west coast" authors don't fit me. However Allyson's recipes are excellent. I can make them without fear of getting a clinker. Every single one has been excellent. and I can heartily recommend her books. Maybe she'll have a third out soon!!!!

every recipe we've tried so far is an absolute hit - and not just with those who are gluten-free and/or vegan, they've been loved & thoroughly enjoyed by everyone we've served them to. to date we've made: butter pecan sticky rolls, cold sesame noodles, stuffed cabbage rolls, mac 'n cabbage polonaise, black bean, potato & cheese enchiladas (amazing), creamy potato salad (my new go-to potato salad recipe), eggplant & cucumber salad, mediterranean croquettes with carrot celeriac remoulade, greek salad with tahini dressing (the tofu feta and tahini dressing are spot on), drenched pad thai salad, and the soulhaus cookies (a family favorite). i cannot wait to dive in deeper and try many more recipes. they're all so awesome! don't think Great Gluten-Free Vegan Eats isn't for you if you're not gluten-free and/or vegan - Allyson's recipes are for everyone to enjoy, and enjoy them you will!

This has become my go-to cookbook. I've made recipes from this book and served them to guests and they were surprised that they were gluten free and vegan! Especially the stroganoff! The only issue I have with this book is that the author uses soy and fake meat (TVP) in some of the recipes. I cannot eat soy so I've just figured out my own substitutions.

First of all, there are hardly any gluten-free vegan books out there, so yay for this author for adding to the limited collection available. I like this book because it has a picture for every single recipe. The recipes range from simple, such as taking a basic pasta recipe but subbing GF/V ingredients, to more complex recipes that would make the more experienced GF/V cook happy. So far everything I have tried has been good. I am not really into baking, so I cannot really say if the baked goods recipes in this book are good or not... but the pictures look nice.

This book is full of beautiful photos and the recipes are very well written. I'm the only GF-eater in my family, and have a relatively picky six year old to feed, but the biscuits and gravy, cinnamon roasted cauliflower, and pumpkin chili have pleased everyone. The pumpkin chili has actually become my family's go-to recipe for clearing out the cupboards and serves as a fantastic vehicle for sneaking in healthier ingredients that my little one tends find unappealing in other formats. This book would be

really great for someone new to GF cooking; the flour guide is really spectacular. And even if you aren't vegan, but perhaps suffering from lactose-intolerance and well as gluten-intolerance/sensitivity, this book would be a great place to start. I also really appreciate the inclusion of the nutritional info for each recipe, and there is a nice mix of lower calorie healthy fare and comfort food. This is the best exclusively gluten-free cookbook in my collection.

So far everything I've tried has been very good. One of my favorite V GF books. I make a few recipes every week. It's user friendly and has pictures and no hard to find ingredients yet enough ingredients to add flavor to make it Delish.

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