



# **The Great Vegan Grains Book: Celebrate Whole Grains with More than 100 Delicious Plant-Based Recipes \* Includes Soy-Free and Gluten-Free Recipes! (The Great Vegan Book)**

*Celine Steen, Tamasin Noyes*

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Enjoy over 100 whole-grain vegan recipes for every meal and occasion!

Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans.

That's where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!). Each recipe uses whole-food ingredients that can be easily found at most grocery stores, so you can say yes to grains and eating better too!

Cook delicious meals with ancient grains like amaranth, farro, millet, quinoa, and more and try recipes that will quickly become favorites, such as:

- Quinoa Breakfast Pilaf
- Apple and Oats French Toast
- Sausage Smash Potato Hash
- Spelt and Bean Burritos
- Tempeh Buckwheat Bowl
- Teff and Pea Fritters
- Cracked Wheat Koftas
- Roasted Corn and Barley Chowder
- Warm Farro and Sweet Potato Salad

Also enjoy gluten-free vegan recipes, such as:

- Apricot Oats
- Polenta Topped Mexi-Beans

- Chickpea Millet Curry
- Harissa Veggies and Rice Skillet
- Spinach and Basil Quinoa
- Sesame Purple Rice



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**Carl Vincent:**

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