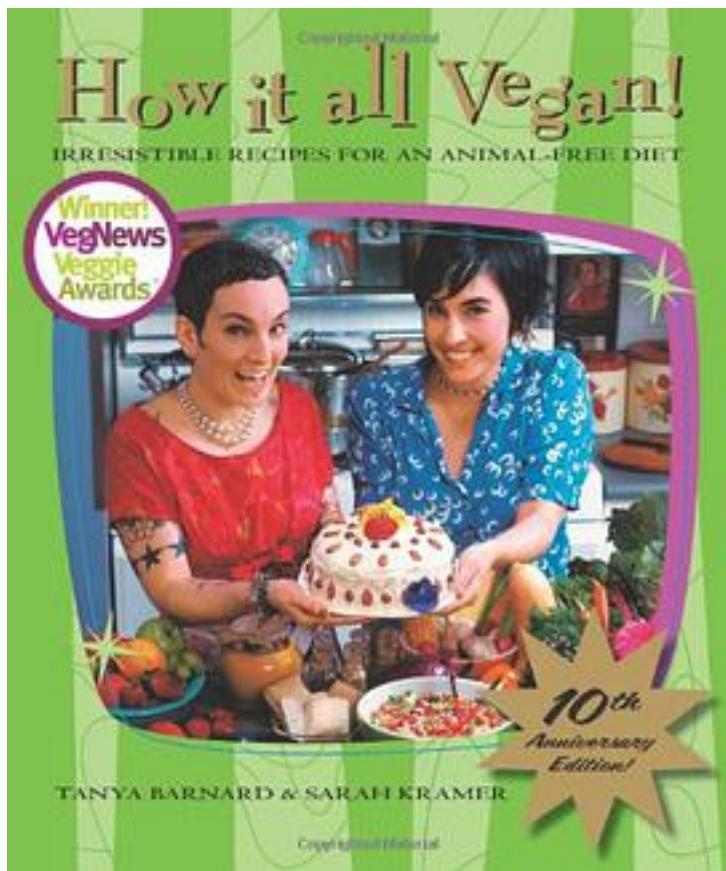


# How It All Vegan!



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Since it was first published in 1999, How It All Vegan has become a bible for vegan cooks, both diehard and newly converted; its basic introduction to the tenets of vegan living and eating, combined with Sarah Kramer's and Tanya Barnard's winning charm, made it an essential cookbook for anyone considering eschewing animal products from their diet. It won VegNews' Veggie Award for Best Cookbook twice, has been

reprinted fourteen times, and spawned several successful sequels (including The Garden of Vegan, La Dolce Vegan , and last year's Vegan Normal 0 MicrosoftInternetExplorer4 a Go-Go ). In the ten years since How It All Vegan was first published, however, veganism has "come out of the closet," and is now considered a legitimate diet and lifestyle not only for those wishing to improve their health, but also for those who care deeply about the welfare of animals. This tenth-anniversary edition includes a new color photo section and new recipes; it also includes a new introduction by co-author Sarah Kramer, who speaks personally and passionately about the impact of veganism on her life over the past decade. Tanya Barnard is the mother of a newborn son and lives in Kelowna, BC, Canada. Sarah Kramer was named "The World's Coolest Vegan" by Herbivore magazine. In addition to creating her vegan masterpieces and maintaining her popular website GoVegan.net, she also owns and operates Tattoo Zoo with her husband in Victoria, BC, Canada.

作者介绍:

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