



Why Vegan is the New Black: More than 100 Delicious Meat and Dairy Free Meal Ideas Your Whole Family Will Love

Deborrah Cooper

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WHY VEGAN IS THE NEW BLACK is a new cookbook showcasing more than 100 different easy-to-prepare vegan recipes big on flavor, nutrition, and visual appeal - sure to inspire the novice and long-term vegan alike. Full color pictures of delicious plant-based cuisine and step-by-step instructions shows us how to do vegan the right way - remaking American classics and traditional soul food cuisine, while maintaining the savory flavors we love. Whether you eat one vegan meal per week, or dump animal products altogether, you can get on the path to better health and improved nutrition with delicious homestyle vegan cooking.

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