



The Vegan Stoner Cookbook: 100 Easy Vegan Recipes to Munch

By Sarah Conrique, Graham I. Haynes

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A collection of vegan recipes so simple to make that even a stoner could prepare them, this highly illustrated cookbook from the creators of *The Vegan Stoner* food blog proves that going vegan can be fun, cheap, and easy.

Cooking vegan doesn't have to be hard! This irreverent take on veganism proves that beginners and slackers alike can whip together yummy, filling meals with just a few ingredients and minimal time and effort. Foolproof recipes for breakfast, lunch, dinner, and munchies include Mean Green Smoothies, Aspara-Guy Sushi, Bahnwiches, Animal Cookies, Churro Chips, and more.

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Editorial Review

About the Author

SARAH CONRIQUE and GRAHAM I. HAYNES are the creators of TheVeganStoner.com. They are also the founders of Simple Gestures Design Studio, where they produce graphic designs for a diverse clientele.

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Introduction

ve·gan ston·er [vee-guhn stoh-ner] — noun: one who satisfies the munchies with resourceful, creative, instinctive cooking without using animal products.

These recipes are designed to make vegan cooking fun, feasible, quick, and on a dime. Each recipe—for a sauce, a stuffing, or a base—is a potential component in your personal munchie menu. Mix and match with confidence. Substitute ingredients and flavors to personalize dishes for you, for two, or for a party. Explore the depths of your creativity.

There will be moments when you will be in doubt. Trust yourself, dig in with your fingers, and grab what feels right. Pay attention to consistency, texture, smell, and, most importantly, your taste buds. In time you will rely less on exact measurements and more on instinct.

Don't be afraid to go where no one in your kitchen has gone before. Cook for yourself, and know that the only success in cooking is when you have fun.

Users Review

From reader reviews:

Mary York:

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