



# Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power

By Jackie Sobon

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**Vegan Bowl Attack!: More than 100 One-Dish Meals Packed with Plant-Based Power** By Jackie Sobon

**Combine vegetables, protein, and whole grains in one dish to make a simple, complete, and nutritious meal with *Vegan Bowl Attack!***

Bowl food. It's a hash tag. It's a buffet for one. *It's a way of life.*

Simple and nourishing, vegan bowls are where it's at. Perfect for workday lunches, simple dinners, and even breakfast, these are meals so good you'll soon forget plates even exist.

Inside you'll find more than 100 one-dish, plant-based bowls that feed every whim and fancy, created for you by author and vegan blogger extraordinaire Jackie Sobon. You don't have to be vegan to enjoy these recipes - you just need to love food! They're hearty and delicious, and sure to please any appetite. We're talking about:

Peanut Butter Pretzel Oatmeal

Biscuit Nacho Bowl

Tex-Mex Potato Salad

Spicy Sesame Brussels Bites

Smoky Corn Chowder Bread Bowl

Mean Green Ramen

Kimchi Bowl with Red Curry Almond Sauce

Spicy Sushi Bowl

Raw Apple Crisp

S'mores Pudding Bowl

Grab your bowl, your appetite, and this book, and get ready to dig in! Forks and spoons optional.

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**Bibliography**

- Sales Rank: #31323 in Books
- Brand: Fair Winds Pr

- Published on: 2016-07-15
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x .75" w x 7.75" l, .0 pounds
- Binding: Hardcover
- 208 pages

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### Editorial Review

#### Review

"The thing I love most about Jackie's new book, *Vegan Bowl Attack*, is that she's taken one of the staples of vegan cooking - the bowl - and reinvigorated it with creativity, flair and passion. Not only does she cover a mind-boggling array of culinary styles and ethnic cuisines, she also imbues every recipe with dynamic flavor combinations and easy preparations. As a busy chef and entrepreneur, I rarely have the time to make ornate, complex meals for myself. Her cookbook will be my new go-to for super quick, delicious and inventive one-dish meals." - **Jason Wrobel, Celebrity Vegan Chef and Author of Eaternity**

"Of the ample recipes I tried (over 1/3 of the book) all received a 5-gold star ranking with some extra plusses. It is one of those rare cookbooks where you cannot go wrong." - **Katie Hay of T.O.F.U. Magazine**

"The array of dishes can satisfy your every craving without consuming a bite of meat or dairy. And, BTW, you don't have to be vegan to enjoy them - **Shape.com**

#### About the Author

Jackie Sobon is a food photographer, recipe developer, and cookbook author specializing in vegan food; as well as a bit of a smart ass. She is the founder of the popular food blog Vegan Yack Attack, that has been growing since 2011 and placed on many top blog lists, which showcases her creative recipes and stunning photography. Her work has been featured on websites such as KTLA, GoodMorningAmerica.com, VegNews.com, KrissCarr.com, PureWow, Babble, and BuzzFeed.

As of 2015, Jackie has photographed cookbooks for the likes of Jason Wrobel, Happy Herbivore and other plant-based authors; as well self-published three eBooks, contributed to *We Love Quinoa* (Quantum, Jan 2016) and is now coming out with *Vegan Bowl Attack!* (Fair Winds, July 2016).

When she is not contemplating her next creation, or obsessing over vegan mac 'n' cheese, (which is rare) she enjoys traveling, crafting, eating with friends, and spending time in the outdoors.

### Users Review

#### From reader reviews:

#### Joseph Felix:

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**Faye Springer:**

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