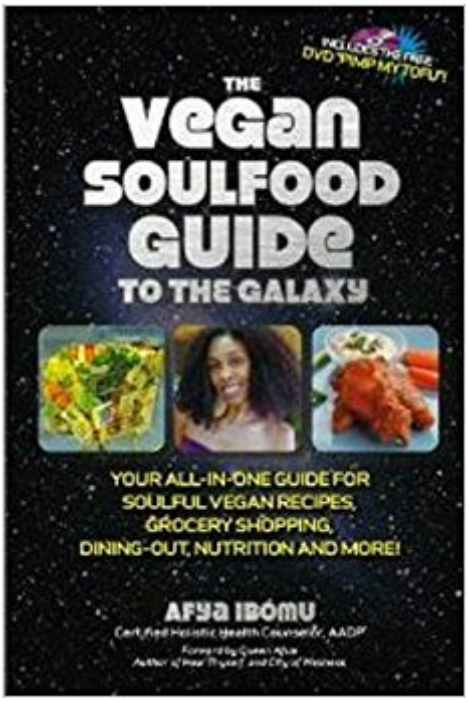
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The Vegan Soulfood Guide To The Galaxy



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Synopsis

The Vegan Soulfood Guide To the Galaxy is much more than a cookbook. It’s a fun, fact filled guide to the vegetarian world of grocery shopping, understanding nutrition, meal planning, dining out as a vegan and more! No more bland vegetarian taste; now you have in your hands a complete resource for cooking mouthwatering, inexpensive soulfood recipes made with out white sugar, white flour, white rice, animal or dairy products that satisfy vegans and carnivores alike. Make delicious and nutritious versions of these classic recipes: Sweet Potato Pie- Potato Salad- Tofu Buffalo "Wings"- Corn Bread- Chocolate Chip Cookies- Collard Greens- Candied Yams And More! Also Included: Pimp My Tofu DVD A Free Instructional Cooking DVD with theme song featuring Sticman of Dead Prez

Book Information

Perfect Paperback: 182 pages

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Average Customer Review: 4.7 out of 5 stars 26 customer reviews

Best Sellers Rank: #471,094 in Books (See Top 100 in Books) #80 inÃ Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food #85 inÃ Â Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #1158 inÃ Â Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

Afya Ibomu is a Certified Holistic Health Counselor, AADP, and has been a vegetarian since 1990. She previously owned and operated a vegan catering business in Brooklyn, New York, and served as Erykah Badu’s nutritionist on tour. She is also the author of Get Your Crochet On! Crochet Patter book series and is CEO of Nattral.

This book has made the transition to vegetarian diet a breeze. There is a lot of vital information about how to get essential nutrients in a vegan diet-- and how a vegan diet can benefit your health. and there is a wealth of easy, delicious recipies to try. Before this book, I had no idea what to do

with tofu, and now it’s a food staple for me. I love the DVD she provided with the book "Pimp My Tofu". (What in the world was the wearing though?!? LoL). Anyhow, this book stays in my kitchen, and I often take it grocery shopping with me. It has some great menu plans too, if you need help getting started with creating a well-balanced vegan diet.

Chicken fried tofu! Gracious, I’ve been eating tofu for decades but never thought about doing some of the things with tofu that this author proposes. She emphasizes a basic necessity of preparing tofu: Always marinate it before cooking!!!

This book is such a valuable guide to vegetarian possibilities. I have been pescatarian (plant based diet and sometimes milk products or fish) for almost 6 years and I had been getting bored and feeling limited in cooking my own meals. The recipes, ideas and information in this book totally OPENED my door to other amazing creative solutions to my food boredom. I have cooked a recipe out of this book or used some bit of info everyday since I got it two weeks ago. It gives foundational information that inspires confidence to be brave and try new combinations and recipe creations. I forsee a totally vegan soul food holiday meal in my future!

I keep this book on my counter. my fiance is a vegan and it gives me lots of options for preparing his food. I loved the seasonings that they use in the books. It is expanding my horizons on how to cook for him.

I am so glad I bought this book!!! I have many other diet & vegan books but none of them quite hits the perfect chord like this one to help friend & family transition to a healthier diet / lifestyle. I will definitely be purchasing more copies to have on hand to share with those who are sincere about making healthier changes. Thank you Sister Afya for writing this book, it’s just what I’ve been looking for!!!

This book is very informal on the SAD (Sad American Diet) and the Vegetarian/Vegan diets. Afya really gets in dept with what GMOs foods are which we intake everyday and not realize it. She also have great recipes to follow by and put her input on what substitutes to use to get all your nutrients. This is a wonderful book to pick up to make a transition!

Excellent resource!

I have read many vegan cookbooks and this is by far one of the best. Easy to read and understand, great recipes that are not at all complicated to make- you can start cooking as soon as you get the book. Plus it has lots of other info on being vegan that other cookbooks lack, all in one guide that is just the perfect size. Excellent buy!

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