



Vegans – meet your new favorite ingredient

Aquafaba has blown open the world of vegan and egg-free baking and cooking. Meringues, macarons, pavlovas and marshmallows, once thought to be impossible, can now be made with ease and precision — and it's all thanks to this newly discovered bean water.

In *Aquafabulous!* Rebecca Coleman shares more than 100 recipes that incorporate both this exciting new ingredient and the beans used to make it. She walks you through her many tips and techniques for sweet and savory cooking and baking. You'll find such recipes as Herbed Nut Cheese, Fluffy Waffles, Falafels with Pesto Mayo, Mac and "Cheese," Lemon Meringue Pie, Whoopie Pies, Pumpkin Spice Doughnuts, Baked Alaska and many more. You'll never look at a can of beans — or the challenge of a vegan dessert — the same way.

Rebecca Coleman has three passions: food, travel and social media. She blogs at Cooking by Laptop and teaches social media marketing at universities in the Vancouver area. She lives with her teenage son, Michael, and they can often be found riding their bikes on the seawall.

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