



# THE Vegan Holiday COOKBOOK

From Elegant Appetizers to  
Festive Mains and Delicious Sweets

Being vegan doesn't have to mean doing away with tradition or sacrificing flavor, and preparing a vegan meal for the holidays doesn't need to be overwhelming. Here you'll discover innovative and delicious substitutes for those time-honoured meat, fish and cheese dishes, new versions of glazed logs and chocolates, and recipes for gourmet gifts your guests will adore.

**Vegans and non-vegans alike will  
enjoy these festive recipes that are  
both ethical and elegant.**

If you're gluten-intolerant, eating vegan during the holidays can be even more challenging, so Marie has included many recipes that are either gluten-free or can be easily adapted. Marie also offers themed menus that will help you put together a dinner that sets the mood perfectly.

**MARIE LAFORÊT** is passionate about and committed to an ethical, healthy and tasty kitchen. She shares her culinary discoveries and experiments on her blog, [100-vegetal.com](http://100-vegetal.com), which also



features her stunning photography. Marie lives in Paris and has written over a dozen vegan cookbooks, including *The Best Homemade Vegan Cheese & Ice Cream Recipes*.

\$19.95 USA  
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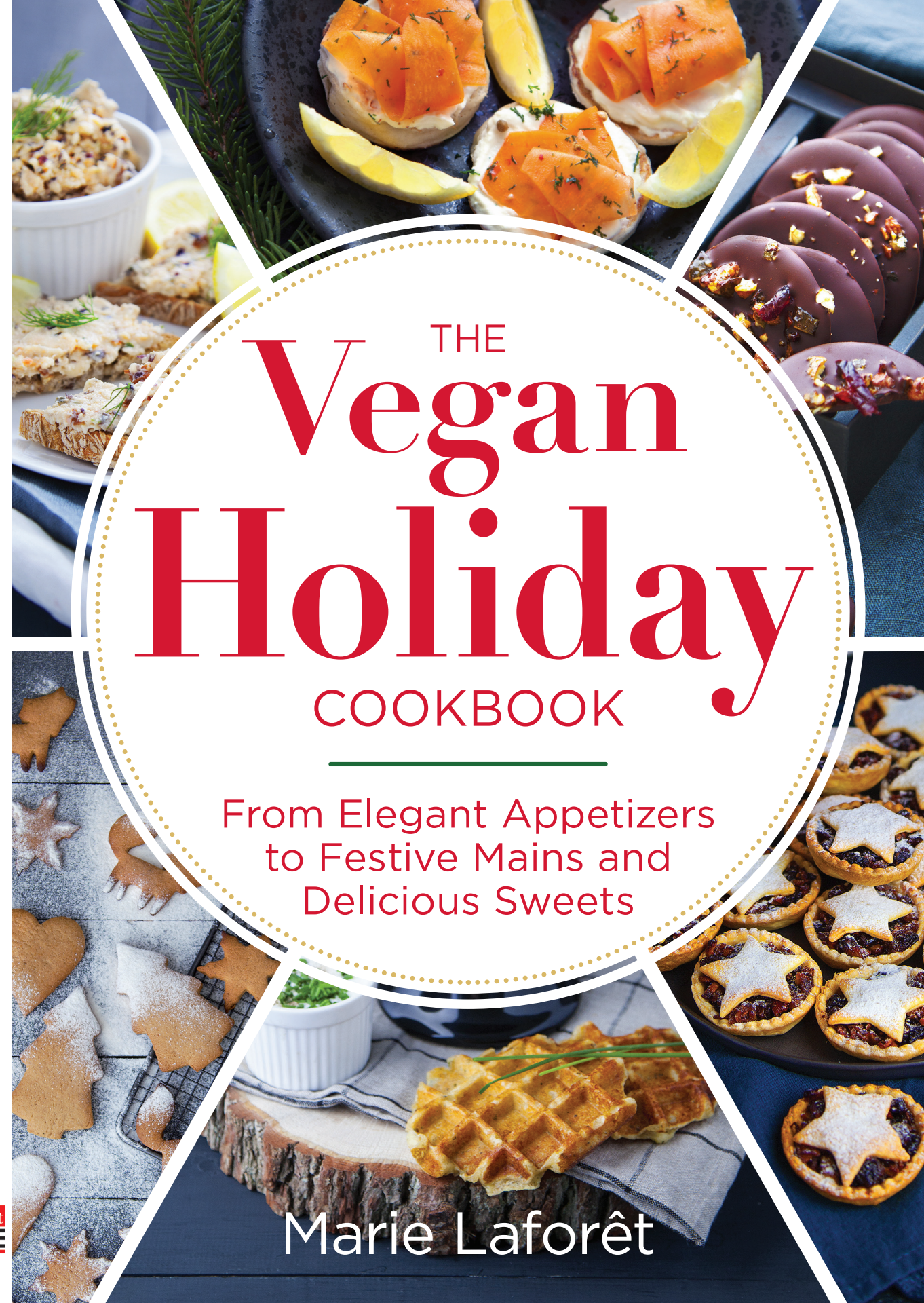
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