



# vegan everyday

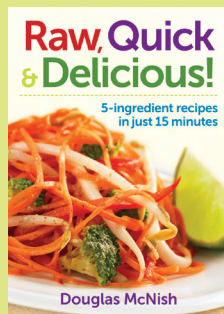
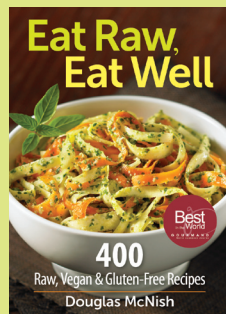
## 500 Delicious Recipes

Whether you are a committed vegan or just looking to introduce more plant-based foods into your diet, this expansive collection of tempting recipes will make short work of all your meal planning needs, from breakfasts on-the-go to elaborate dinner parties. Comprehensive and wide-ranging, this is sure to become the only vegan cookbook you reach for when you want to prepare delicious, nutrient-dense, gluten-free meals.



Enjoy this wide selection of dishes, including soon-to-be favorites such as Mac and Cheese Bites, Sticky Brown Rice Balls, Jerk Tempeh with Plantains and Mango Salsa, Greek-Style Gyro Wraps and Blueberry Squares.

**DOUGLAS McNISH** is a vegan executive chef, instructor and consultant, with a strong commitment to health and organics. He is the author of *Raw, Quick & Delicious!* and the award-winning bestseller, *Eat Raw, Eat Well*.



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