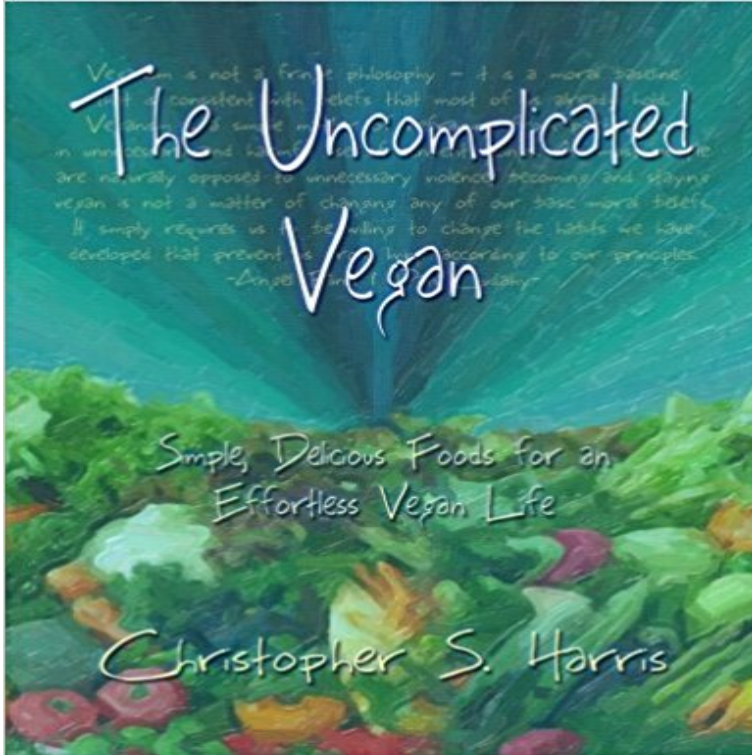


The Uncomplicated Vegan: Simple, Delicious Foods for an Effortless Vegan Life



Self-published by South Paris resident and Ayurvedic counselor Harris, this book lacks frills but makes up for it in the pantry-stocking section and in the sheer number of recipes. The recipes reflect the breadth of vegan cooking, including cultured nut-based cheeses, plant-based seitan meats, raw lasagna and black bean brownies. In true Maine fashion, one section of the book is devoted to whoopie pies. Avery Yale Kamila, Portland Press Herald I have heard from many people over the years that they would love to be vegan but it is too complicated too much time and energy goes into the preparation of every dish. This inspired me to write The Uncomplicated Vegan filled with recipes that are easy to make and packed with flavor, texture and nutrition while supporting environmental awareness and cosmoconsciousness, two critical elements of our ongoing relationship with the planet and everything living on it. In this cookbook, I share the tools, techniques, fresh wholesome ingredients and seasoning mixtures I use to make delicious, authentic meals from foods that are organic, unprocessed and rich in nutrition and taste. Additionally, many of my recipes can be made without gluten or nightshade vegetables for people who are sensitive to those particular food groups. These foods will support you as a vegan in your nutritional requirements, support you as a human in your flavor needs, and support you as a compassionate being in your journey wherever you may be going!

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