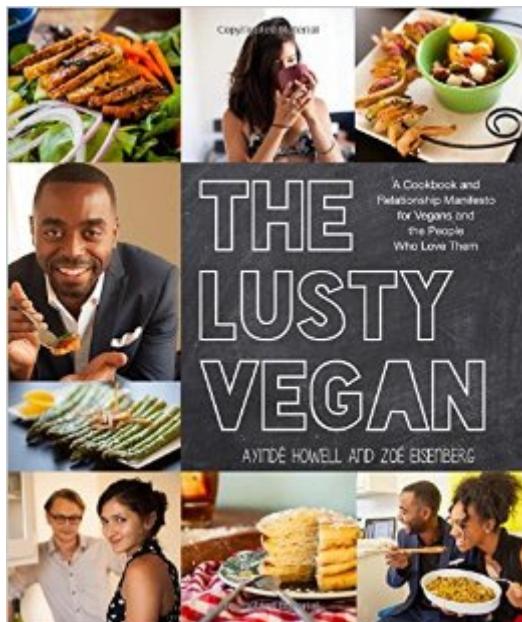


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# The Lusty Vegan: A Cookbook And Relationship Manifesto For Vegans And Those Who Love Them



## Synopsis

â fA cookbook and advice guide for vegans dating non-vegans. Delicious recipes by a respected chef, and advice on relationships, dating, and sex when one wants tofu while the other wants a cheese burger. Irreverent humor, solid advice, and good eats!â fThis combination cookbook and lifestyle book takes a unique look at inter-palate partnering, with personal stories and tips for peaceful co-existence when one partner wants a cheeseburger and the other wants a tempeh slider.â fAward-winning Chef Ayinde has crafted 80 delicious recipes that both vegans and omnivores can enjoy together, including:â fClassic Cloud-Nine PancakesTuscan 12-Vegetable Soup with Savory BiscuitsHabanero Portobello FajitasCrispy Spring RollsCherry Cobbler and Cacao NibsMany moreâ fAyinde and Zoe are longtime vegans, but they have something else in common; neither has ever dated another vegan. After comparing notes, they realized the need for a manifesto to help vegans and omnivores navigate their cross-cuisine love life. The book shares tips for vegans who want to satisfy the appetites of their omnivorous counterpart, and for non-vegans who want to impress their plant-based partners.â fThe authors' personal experiences and advice can be irreverent, but always on the mark for people needing relationship solutions, both romantic and culinary. Loaded with humorous anecdotes and seductive full-color food photographs. The Lusty Vegan provides delicious recipes and lots of fun along the way.

## Book Information

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## Customer Reviews

This is the book I wish I had when I first went vegan. Navigating relationships with omnivores was

really tricky at first. I'm married now (to a man who enjoys steak and ice cream) and I have to admit I made a few mistakes when we first moved in together (like trying to convert him). Half of this book contains advice on anything you'd want to know about dating when one person is a vegan and the other can't live without cheese and bacon. Ayinde and Zoe go over first dates, how to tell the other person about your vegan lifestyle, sex, meeting the families, and even handling break ups. Both authors narrate their own stories of past relationships, telling us all the things that worked and the ones that didn't. (Can I just say I do not like Ayinde's taste in women?) It's a lot of fun to read, and even though I'm happily married, I still was able to take away some advice for myself, like how to deal with the families at the holidays. The other half is all delicious recipes that Ayinde Howell has created for everyone to enjoy. They are all vegan and all very, very delicious. My husband frequently asks me to make the "lobster" rolls and cajun tofu and dirty rice. Aiyinde's pancake recipe is now a staple in my house for Sunday morning breakfast. And I have yet to try a dessert that hasn't been absolutely amazing. If you are looking for healthy vegan food, this is not your cookbook. Lots of sugar and oil is used. If you are looking for lots and lots of flavor, you've found your winner. I also appreciate BTW that while this book does have some vegan staples like pancakes and chocolate covered strawberries, it also has some recipes that I don't often see, if ever, in other vegan cookbooks, such as the lobster rolls and jambalaya. (We seriously need a New Orleans vegan cookbook BTW.

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