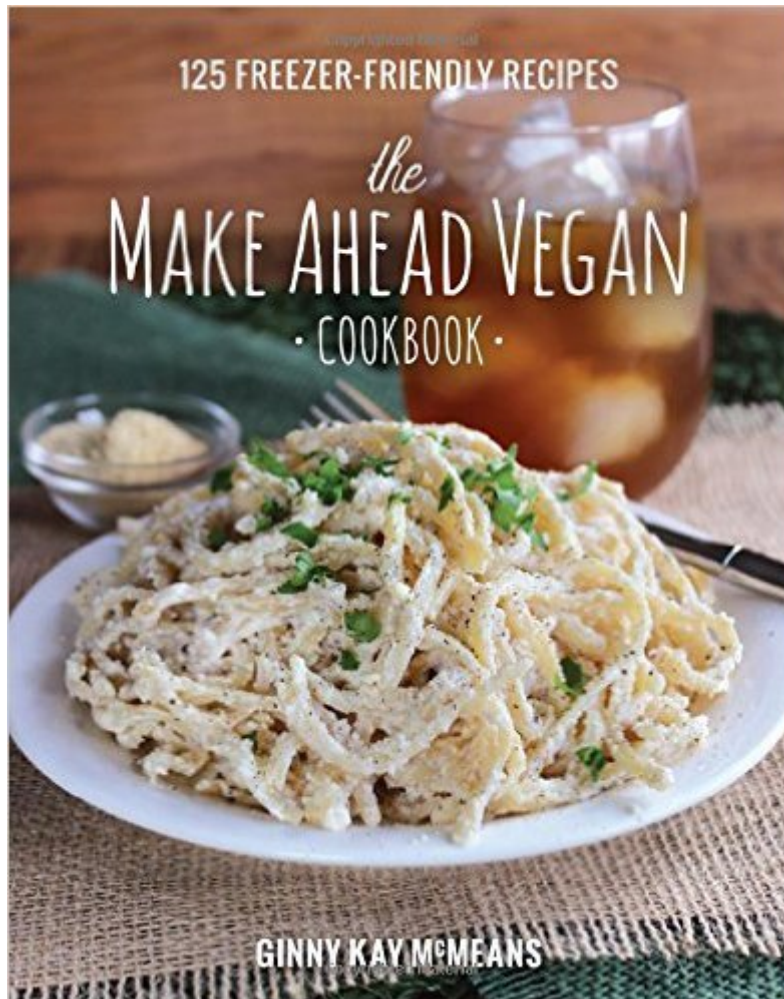


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# The Make Ahead Vegan Cookbook: 125 Freezer-Friendly Recipes



## Synopsis

A plant-based diet that is as satisfying as Mom's home cooking Vegan food with down-home appeal is the sort of vegan food Americans want to eat. Sit down to a dinner that looks and tastes great, but just happens to be completely plant-based so it's also good for you. That's how Ginny McMeans cooks, and here she shares 125 of her favorite recipes. Every recipe can also be made-ahead and frozen for later, as these meals are designed for the busy person. This is delicious, homemade, everyday food that you can cook fresh on a whim or pull from your freezer for a quick healthy supper. Recipes include: Sweet Potato Chili Logs Ranch Tacos Slow Cooker Marinara Sauce Green Bean Casserole Soft Cinnamon Sugar Pretzel Bites It's the kind of food you'll simply want to make and eat. 125 color photographs

## Book Information

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## Customer Reviews

I read A LOT of vegan cookbooks. I was expecting this book to offer something different. Whenever I freeze ahead, I'm making at least a double batch so we can have dinner tonight and another in the freezer for later, since it takes the same amount of time to cook extra. These recipes are designed to serve 4-6 people, including instructions for freezing if you're not eating it right away. That said, there may be a fair amount of recipes similar to those in many other cookbooks, and most are pretty basic. Some call for processed vegan foods like vegan ground beef or packaged vegan cheese (My personal preference is to focus on whole foods, or making my own meat or cheese substitutes), but there are also some recipes definitely worth my time, mostly condiments/sauces, and sweets. I've

tried the Cashew Mayonnaise (although I don't soak cashews, because I use a Vitamix), and Homemade Ketchup, with good results. I will make these again. I'm always happy to find solid recipes for staple foods I can make instead of purchase ready made. I have my eye on the Blueberry Ginger Preserves, Magic Cookie Bars (with a recipe for sweetened condensed non-dairy milk), and the Peanut Butter Cup Balls. I'm not sure it's worth buying for the "Freeze Ahead" aspect of the book, but I figure, if there are at least 3 recipes I will actually use more than once in a book, then I haven't wasted my money.

Ginny's cookbook is full of a variety of recipes, from non-dairy ice cream to soups to jams to salsas to pasta. They all have a common thread - freezeability. I am fairly sure that's not a word, but it's true. Ginny's cookbook aims to help us maximize our time NOT cooking. So, her recipes are simple, easily prepared, and can be popped right into the freezer. Ginny spends time letting us know how best to freeze different types of veggies. Plus, each recipe gives a handy breakdown on how long each recipe will last in both the freezer and the fridge.

I really loved this book! The recipes are easy and include instructions for making ahead, freezing for later, and reheating - perfect for a busy family like mine. You'll find everything from small bites to breakfast to soups to hearty meals to desserts...even party food! There are photos for every recipe which I absolutely love! We've already tried several of the recipes and they are delicious! The whole family loved the Loaded Breakfast Burritos, Chipotle Lentil Patties, and Big Fat Cherry Pecan Cookies. My 8 year old son has already gone through the book and earmarked the ones he wants to try too!

I love, love, love this book! The recipes all sound and look delicious, and there's lots of variety - definitely something to suit everyone's taste. Everything is very accessible too...lots of dishes that you might think are intimidating or a ton of work, but actually come together very quickly and easily. I already tried the chipotle lentil patties and they were easy to make and absolutely delicious! The book also has a great section on freezing tips, which I know will come in handy. I never know exactly what foods are freezer friendly, how to prep things in advance, how long I can get away with freezing things, but this book supplies all of this information. No more winging it. :) This will be a fantastic resource for me for years to come, and I'm sure for anyone looking streamline and add lots of delicious variety to meal planning.

The Make Ahead Vegan cookbook is my favorite vegan cookbook I have purchase so far. There are so many different type of vegan recipes offered in here from appetizers "party pleasers" to breakfast meals, soups, side dishes, main meals, condiments, sweets (yes, really yummy vegan sweets), and frozen desserts. I am thrilled with the quality of the cookbook, the variety offered, the beautiful pictures to compliment the recipes, and the easy to follow instructions. Thank you to Ginny Kay McMeans for this masterpiece. This is a cookbook my whole family will enjoy me cooking from!

I absolutely love the beautiful pictures and easy to follow recipes! The idea of being able to cook ahead of time and then be able to pull out already prepared delicious meals or treats is a great help in managing a busy schedule like mine. Everything I've tried has been delicious so far and I've already purchased an extra book for my good friend's birthday. My husband isn't even a vegan but he also loves these recipes and wants to try more! Linda Sokol

If you are the type of person that doesn't mind using premade foods from the store to incorporate into these recipes, this is for you. One recipe you use a can of premade vegan biscuits, were I live that is impossible to find. Some of these recipes don't thaw out to the glorious salad they once were, but rather into a nice soup base. ^ oh and the amount of sugar used in most of these is enough to give me diabetes.

I haven't come across such a wonderful vegan cookbook in a while. The recipes are incredibly easy to follow, the pictures are stunning, and it actually tastes delicious! As a mom of two, I can only recommend this book to anyone looking for meals to make ahead for their families. Such a great time saver! I would buy this book over and over again!

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