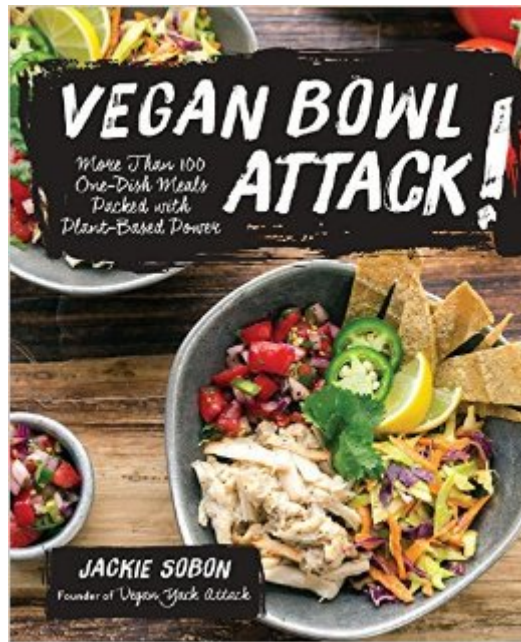


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# Vegan Bowl Attack!: More Than 100 One-Dish Meals Packed With Plant-Based Power



## Synopsis

Combine vegetables, protein, and whole grains in one dish to make a simple, complete, and nutritious meal with *Vegan Bowl Attack!* Bowl food. It's a hash tag. It's a buffet for one. It's a way of life. Simple and nourishing, vegan bowls are where it's at. Perfect for workday lunches, simple dinners, and even breakfast, these are meals so good you'll soon forget plates even exist. Inside you'll find more than 100 one-dish, plant-based bowls that feed every whim and fancy, created for you by author and vegan blogger extraordinaire Jackie Sobon. You don't have to be vegan to enjoy these recipes - you just need to love food! They're hearty and delicious, and sure to please any appetite. We're talking about: Peanut Butter Pretzel Oatmeal Biscuit Nacho Bowl, Tex-Mex Potato Salad, Spicy Sesame Brussels Bites, Smoky Corn Chowder Bread Bowl, Mean Green Ramen Kimchi Bowl with Red Curry Almond Sauce, Spicy Sushi Bowl, Raw Apple Crisp, S'mores Pudding Bowl. Grab your bowl, your appetite, and this book, and get ready to dig in! Forks and spoons optional.

## Book Information

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## Customer Reviews

Unlike other reviewers, I wasn't a tester for this cookbook and I hadn't even heard of the author Jackie Sobon before pre-ordering this book about five months ago. I just love bowls and new cookbooks, and this one looked like it would be interesting. So far, I have made two recipes -- the Cashew-Crusted Tofu Stir Fry and the Buffalo Chickpea Mac 'n Cheeze. My husband (who isn't vegan) thought that that the Mac n' Cheeze, which is served on a bed of Romaine lettuce and celery bits, was a bit "unusual," as he phrased it, but I thought that both were delicious! One of the things I

really love about this book is it is whole-foods based, so you won't be using any artificial ingredients in the recipes. Not only does Sobon include breakfast and entree bowls, but she also includes smaller-sized snack bowls, soup and salad bowls, dessert bowls, and a whole chapter on sauces, creams, and dressings. The bowls come together fairly easily, but do take some time to prepare. Both of the ones I've made have taken about 45 minutes. Also, as mentioned in my review title, many of them are a bit more time-consuming in that about a third of the recipes contain other recipes within them for sauces or dressings, meaning that you have to be sure to plan ahead to have time to make the other recipes, too. For instance, with the Buffalo Chickpea Bowl I made, you have to make the cheese sauce and the ranch dressing (both of which require soaking cashews for about two hours), in addition to cooking the pasta and baking the buffalo chickpeas. The result of having so many sub-recipes is that it makes things really flavorful, but do be aware that it requires some extra planning. Overall, I like this book a lot and know that I'll get good use out of it.

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