



# Vive le Vegan!: Simple, Delectable Recipes for the Everyday Vegan Family

*Dreena Burton*

[Download now](#)

[Read Online](#) 

# Vive le Vegan!: Simple, Delectable Recipes for the Everyday Vegan Family

*Dreena Burton*

## **Vive le Vegan!: Simple, Delectable Recipes for the Everyday Vegan Family** Dreena Burton

Veganism—the animal-free diet—is here to stay. And Dreena Burton, author of the bestselling *The Everyday Vegan*, is here to tell you how the decision to “go green” doesn’t mean you have to sacrifice nutrition or flavor, and in fact will make you and your family feel healthier and more alive.

Dreena and her husband became parents three years ago, and their decision to raise their daughter as a vegan from birth has made the need for an animal-free diet that is fully nutritional all the more crucial. But as Dreena demonstrates in *Vive le Vegan!*, there’s no need to panic: there are simple methods and delectable ingredients you can use that will allow you—whether you’re single or have a family—to become vegan without having to be a rocket scientist. And who said that vegan meals lack pizzazz? Not when you can make:

Berry Hemp Smoothies  
Fresh Jicama and Cucumber Slaw  
Hearty Roasted Tomato Stew  
Carrot-Shitake Spring Rolls  
Chipotle Veggie Bean Burritos  
Morrocan Chickpea Patties  
Apple Cardomom Cake with Creamy Lemon Maple Frosting

The recipes in *Vive le Vegan!* also don’t over-rely on the use of soy, given recent concerns about over-consumption, and many feature whole grains and hemp. They’re also disarmingly easy to prepare. So it’s time to give up your qualms about the vegan lifestyle and celebrate its vivid possibilities. *Vive le vegan!*

**Dreena Burton** is the author of *The Everyday Vegan*, now in its second printing. She lives in White Rock, British Columbia, with her husband, Paul, and their three year-old daughter, Charlotte.

## **Vive le Vegan!: Simple, Delectable Recipes for the Everyday Vegan Family Details**

Date : Published November 1st 2004 by Arsenal Pulp Press  
ISBN : 9781551521695  
Author : Dreena Burton  
Format : Paperback 208 pages  
Genre : Food and Drink, Cookbooks, Vegan, Cooking, Nonfiction

 [Download \*Vive le Vegan!: Simple, Delectable Recipes for the Ever ...pdf\*](#)

 [Read Online \*Vive le Vegan!: Simple, Delectable Recipes for the Ev ...pdf\*](#)

**Download and Read Free Online Vive le Vegan!: Simple, Delectable Recipes for the Everyday Vegan Family Dreena Burton**

---

## **From Reader Review *Vive le Vegan!: Simple, Delectable Recipes for the Everyday Vegan Family* for online ebook**

### **Michelle says**

My family likes a few recipes.

---

### **Roland says**

Easy recipe's.

---

### **Whitney Pittsenbarger says**

I used to live by this book years ago. As allergies have changed I don't handle the flour or sugar in these recipes as well. They are great for vegan families looking for good options for kids.

---

### **Robin Ferguson says**

I got a few recipes that I want to make.

---

### **Lorraine says**

The subtitle sums it up: *Simple, Delectable Recipes for the Everyday Vegan Family*.

If you are vegan, this is a solid collection of vegan recipes. It may be a good introduction to strictly vegan cooking. I am vegetarian and try to eat locally, with just a few exceptions (rice being one, kalamata olives another), so a vegan cookbook can offer challenges to that principle. But what I found least appealing was the layout and design of the book.

---

### **Sue says**

A secret Santa gave me this one year, and it has been my go to cook book since then. Without a doubt this was one of the best gifts I have EVER received.

---

### **K says**

The best chocolate chip biscuits in existence. The lentil sunflower pie is also lovely.

---

## **Jodi Anderson says**

I wish that it had photos!

---

## **Jeanette "Astute Crabbist" says**

I think I prefer her more recent cookbook, *Eat, Drink and Be Vegan*. This earlier one seems a little heavy on sweets and baked goods. But of course, people who go vegan want to know how they can still enjoy goodies, so I see the appeal.

There are some good, practical recipes for everyday meals here as well. She calls for hemp products quite a lot, which are apparently more readily available in Canada, where the author lives. I hope they become more available here in the U.S. They have some very superior nutrition.

There is a big section in the back of the book on how to feed your vegan infant and toddler. Not something I need, but helpful for people who want to make sure their children get proper nutrition without animal products.

---

## **Margo says**

I'm not vegan, but always on the lookout for nutritious recipes that are different and exciting.

---

## **Kate says**

This book has lots of recipes that seem pretty easy. I've made a few and found them to be tasty. I'm not a good recipe-follower and the things I tried held up to random changes in the plan. So far, so tasty.

---

## **L Kekel says**

Checked this out before and didn't find much-- second time around was the charm-- it was a treasure trove of good recipes!

---

## **Elizabeth says**

The only reason I am not giving this book 5 stars is because it has NO PICTURES. WTF. Get a clue cookbook publishers.

This book is one of my favorites for a few reasons:

- Burton is a busy mom, so most of these recipes look complicated, but many of them only take about 30 minutes
  - Homestyle Chocolate Chip Cookies. Hands down THE BEST chocolate chip cookie recipe ever (EVER-that means vegan and omni)
  - The book is aimed towards families so Burton includes a chart for introducing foods to infants as well as some valuable nutrition information for pregos and kids.
- 

### **Kerri says**

I liked the following recipes:

- Caramel Pecan Ice Cream Pan Cake - excellent!!
  - Easy Caramel Sauce
- 

### **Rebekah Nichols says**

This book has the best recipe for vegan chocolate chip cookies!! I love the adzuki bean cakes w/ the roasted yellow bell pepper sauce serve it w/the red curry miso potatoes and you have a great comfort meal that is nourishing and extremely decadent

---