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VegNews

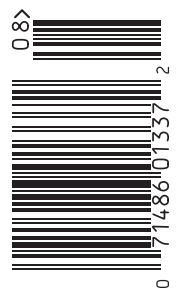
VeganNEWSFOODPLANETTRAVELBUZZ

SPECIAL
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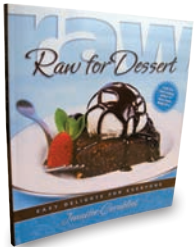
10th Anniversary Issue

Sizzling Summer Escapes * Incredible Cocktails * Cookbooks We Love
Must-Know Vegans * Hidden Gem Restaurants * Soul Food Feast
Interview with Peter Max * Ice Cream Revolution * 33 Fabulous Recipes

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media lounge



Raw for Dessert
Easy Delights for Everyone
By Jennifer Cornbleet



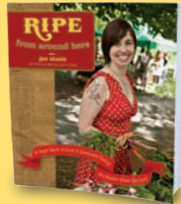
The Allergen-Free Baker's Handbook
How to Bake Without
Gluten, Wheat, Dairy, Eggs,
Soy, Peanuts, Tree Nuts,
and Sesame
By Cybele Pascal



SCORCHING SUMMER DAYS ARE BEST soothed with cruelty-free sunscreen, ice-cold lemonade, and bites of decadent desserts. Understandably, many bakers shy away from the oven in summer, opting for fruit-based treats to keep themselves—and their homes—cool. Raw-food mastermind Jennifer Cornbleet offers another solution with her latest cookbook, *Raw for Dessert*. While fruit dishes earn their keep, plenty of creative, chocolate-filled lovelies just beg to be made. Balance a Summer Fruit Trifle (complete with layers of rich Pastry Cream and Lemon Curd) with Chocolate Cupcakes, topped with Chocolate Ganache—all without flour, sugar, or flame. Cornbleet's recipes promise sweet-tooth happiness beyond the summer months, and redefine the notion of no-cook treats.

If food allergies post a bigger concern than a hot kitchen, Cybele Pascal's remarkable allergen-free creations are the solution. In *The Allergen-Free Baker's Handbook*, Pascal eliminates a whopping eight problem foods, an endeavor that may leave readers asking, "What's left?" With an allergy-stricken family, Pascal's patience, time, and tinkering has produced 100 mouthwatering recipes, and she proved their photogenic perfection with

Health Club



Ripe From Around Here
A Vegan Guide to Local &
Sustainable Eating (No
Matter Where You Live)
By Jae Steele



**The Get Healthy,
Go Vegan Cookbook**
By Neal Barnard, MD,
and Robyn Webb



WHILE JANUARY 1 MAY HAVE THE resolutions market cornered, there's a certain air of optimism that comes with the summer months. Parlay that positivity into a kind move for your body; with tantalizing summer produce at its peak, now is the time to embrace healthy eating habits. For those just getting started on a plant-based diet, Neal Barnard, MD, and Robyn Webb offer the ultimate start-up guide with *The Get Healthy, Go Vegan Cookbook*. The book begins with a primer on the health benefits of going veg, including diet tips and solutions for tackling high blood pressure, diabetes, cancer, and more. Eye-opening facts help give those on the fence a final push, and first-hand testimonials are sure to inspire change. The book's 125 recipes illustrate the ease with which plant-based meals can be prepared. From Chickpea Patties with Mango Chutney to Toasty

20 full-color photos. A gluten-free baking mix (recipe included) serves as the base for most dishes, comprised of an effective, inexpensive, and accessible blend of special flours. The result is access to all of the old favorites, such as Banana Flax Muffins, Glazed Vanilla Scones, and fresh Cinnamon Rolls. Chocolate Sandwich Cookies, a soft-cookie version of

Tortilla Soup, all dishes are simple, low fat, and yummy. Sample menus will help stumped chefs get started, and ideas for entertaining are included to prevent putting your social life on hold. Once you're on the road to a healthy, plant-based lifestyle, it's the perfect volume to pass on to a friend.

Taking advantage of the season's produce by pairing plant-based nutrition with local eating, Jae Steele discusses her local-food philosophy in *Ripe From Around Here*. Steele spends a substantial number of pages discussing the benefits of her food trifecta—vegan, nutritious, and local—including fairer wages for workers, support for local communities, and of course, better-tasting food. The prospect of shopping local can seem daunting to the uninitiated, but Steele offers ample advice on reducing your diet's reach, from pantry makeovers to small-town solutions. Local food doesn't translate to limited flavor, and Steele's recipe box overflows with tasty ideas, including Lemon Poppyseed Pancakes, Dinner Party Pad Thai, and Raw Mexican Stuffed Bell Peppers. Each recipe comes stamped with helpful symbols, indicating its appropriate season, as well as if it's raw or gluten-, soy-, or nightshade-free. In addition to the edibles, readers will find a host of house-care tips, including DIY cleaners and an in-depth introduction to composting. Breakfast, lunch, dinner, and beyond, *Ripe* makes going local an easy affair.

everyone's childhood favorite, is destined to become a coveted after-school snack. A chapter of savory snacks balances the sweets, including classic breads such as focaccia and fluffy dinner rolls. Pascal's main caution is to avoid substitutions; her recipes are specially formulated and rigorously tested, so follow them closely for outstanding results.