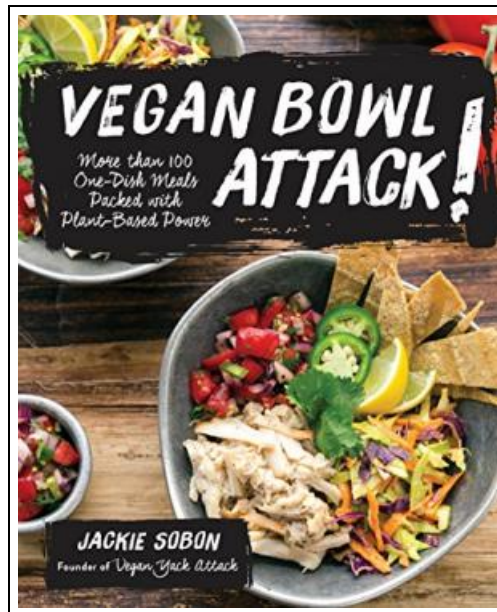


## Vegan Bowl Attack!: One-Dish Meals Packed with Plant-Based Power (Paperback)



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FAIR WINDS PRESS, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. 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.



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