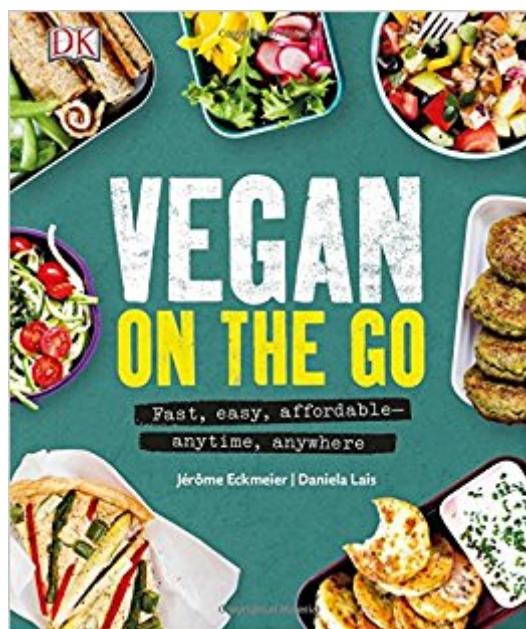


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Vegan On The Go: Fast, Easy, Affordable Anytime, Anywhere



Synopsis

Create delicious vegan meals quickly with this handy on-the-go recipe book that makes eating away from home fun and easy. Eat vegan anytime, anywhere with Vegan on the Go. With over 100 nutritious recipes and healthy lunch ideas, your desk lunch will never be sad again. Eat vegan snacks, soups, salads, sandwiches, hearty mains, and desserts with meals created by vegan authors Jörme Eckmeier and Daniela Lais. Vegan is more than just salads. Try out simple and super-convenient recipes for quinoa chili, soba noodle summer rolls, chia and almond pizza, and vegan hot dogs. Plus, satisfy your sweet tooth with delicious vegan desserts, including fruity macadamia nut cream, and chocolate mini cakes. Vegan on the Go arms you with a list of ingredients to stock in your kitchen so that you can prepare and pack meals easily. With transportation tips and tricks, your meals will stay fresh and they won't get soggy. Know exactly how long prep and cook time will take to make each meal, and the clear photographs show off exactly what the final product should look like. A little preparation goes a long way to creating amazing and vibrant vegan meals. Eat your fill with Vegan on the Go.

Book Information

Paperback: 192 pages

Publisher: DK (May 9, 2017)

Language: English

ISBN-10: 1465461833

ISBN-13: 978-1465461834

Product Dimensions: 8 x 0.8 x 9.4 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 27 customer reviews

Best Sellers Rank: #124,639 in Books (See Top 100 in Books) #62 in Books > Cookbooks, Food & Wine > Cooking Methods > Budget #426 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan

Customer Reviews

These delicious bites can be fried, or baked in the oven without any oil at all. Serve with this fresh yogurt dip, flavored with a few chives. [View larger](#)

Baked sweet potatoes are served with a lentil and avocado salad, and the whole thing is topped with a dip made from vegan cream cheese, grapefruit, and spices. [View larger](#)

Broccoli joins the assembled ranks of delicious ingredients to add a nice crunch and a lot of green nutrition to the noodles. [View larger](#)

We all know how sweet things lift your spirits, so why not bring a bit of joy to your lunch breaks? While you're at it, pack up some extra portions of this vegan treat and spread a bit of happiness among your coworkers, too. [View larger](#)

Whether eaten with bread, straight from the jar, or as an embellishment for a salad or other dish, you can keep a container of these in your office for every eventuality. [View larger](#)

Well, I seem to be the lone voice that is not happy with this book. And I do hate leaving negative reviews. The primary reason for my lack of stars is, by no stretch of the imagination are these recipes "fast" or "easy." Well, they might not require advanced cooking skills, so they're not technically difficult, but the majority of them are time consuming and require multiple cooking steps as well as multiple bowls, pans, etc. Just as an example, the Carrot Heart Sushi. First you have to rinse and drain and cook the sushi rice and let cool. Then the recipe says, "Meanwhile, peel the carrots. Along both sides of the length of the carrots, cut down toward a central point so that each carrot is teardrop-shaped. Now, along the curved broad edges, cut a notch centrally down the length of each carrot. Finally, on each side, carve out a curve. You are aiming to sculpt carrots whose cross-sections are heart-shaped. Cook the carrots in a pan of salted water for 5-10 minutes, until al dente." Sheesh! All for heart-shaped carrots in my sushi? Then there's the rest of the recipe: making a vinegar and rice syrup sauce to mix with the rice, laying out the nori sheets and rolling and slicing the sushi rolls, toasting the sesame seed garnish, and packing up soy sauce, wasabi, and ginger. This is just one example picked at random that requires multiple steps and quite a bit of fuss. Most of the recipes have long lists of ingredients. Most of the individual ingredients are not expensive, but when you need so many items, it adds to the cost, as well as the complexity of preparation. Many recipes require 20-25 ingredients. The authors do acknowledge that these recipes do require a lot of prep work. Their suggestion, completely unrealistic, is to gather your friends and family-- who all presumably want to stock their own fridges with the identical meals from this book-- and spend Sundays chopping and preparing and cooking meals together. In your dreams, authors! The recipes are suitable for packing, but there is nothing in particular about them that makes them so. They are fairly ordinary vegan recipes, and most of the recipes in my other vegan cookbooks would work

equally well for packing to go, whether it's a hot dish requiring a thermos, a salad combo or sandwich requiring a bento box, or whatever. The photographs would be attractive except for the fact that they are all just blurry enough to weary the eyes. I don't know whether this was a deliberate stylistic choice or a mistake, but they are all just slightly out of focus, which makes the dishes look less appealing. Most of the recipes are reasonably appealing, but a few have me scratching my head wondering who would eat this. For example, why in the world would I want to replicate something that looks exactly like Kraft mac and cheese out of the blue box, only here it's made with vegan "cheese" (requiring 12 ingredients including cashews-- kind of expensive for making fake mac and cheese) and mixed with vegetables-- yuck. I do not subscribe to the kind of vegan cooking that uses fake vegan versions of hot dogs, sausages, other meats, cheese, butter, mayo, etc. Those kinds of ingredients abound in this book. Not in every recipe, but in enough of them. If you like that sort of thing, fine, but these are recipes for making them yourself. Yes, homemade vegan hot dogs and sausages. Homemade is great, but it's certainly NOT fast and easy! I have many vegan cookbooks, and really hoped for one that would REALLY offer fast and easy recipes to pack for summer outings. I'm afraid this is not that book.

This has quickly become one of my favorite sources of inspiration, not only for food I pack to take with me when I go out, but at home, too! The recipes are easy to follow, and everything I've made from the book so far has been wonderful.

This book is full of easy to make and enjoy meals and snacks. My 11 yr old loves it too

I was excited to get this book when I first ordered it since I'm always on the lookout for fast and easy vegan dishes, but this book just doesn't inspire me. When I get a new cookbook, I love to sit down and read through it and make the recipes I want to make. There were only two that stood out to me on first reading. In the two or so months that I've owned this, I've made five recipes from it, and none of them were as fast or as easy as the title promises. Most of them also only make one entree-sized serving; when I go to the trouble of cooking, I rarely want to do all that work for just me, so I've been quadrupling the recipes, which also requires a bit more time. While the photos are lovely and the instructions are clear, this just isn't a book I reach for very often.

I love short weekend hikes with friends, and we usually carry a picnic lunch and eat about halfway through the hike. We're always looking for light, healthy meals to include on the hike, and the

recipes in this book are exactly the things we were looking for. The title includes "on the go," and that's exactly what the book delivers...great, simple, easy to make recipes that could be part of a great dinner or lunch, but are perfect for making in small batches for healthy, tasty and very appetizing vegan meals that can go right into a small container for taking on a hike, or taking to work. And that's the other thing I love about this book...it provides me with perfect lunches and snacks for taking to work, so I stay away from things like chips and pretzels, and eat something more substantial and less processed than some other pre-packages vegan snack food.

Vegan On The Go has a wide variety of recipes for making vegan snacks, sandwiches, soups and salads, main dishes, sweets and more. I'm not vegan but prefer plant based food and also find a lot of vegan recipes accommodate my son's dairy and egg allergies. The photographs of finished recipes look good and help me decide what looks appealing to make. The recipes range from fast and easy to more involved recipes that require advance planning (typical of most cookbooks) and perhaps a trip to Whole Foods or similar market for unique ingredients one may not find at a typical market. It seems to me that substitutions can easily be made in many recipes. For example, I'll likely use butternut or other winter squash as a substitute for Hokkaido squash in the "Squash Soup" recipe. This cookbook covers a nice range as it has standard vegan fare like tabbouleh and salads, hummus, guacamole and rice/bean burritos, but also has more creative and eye catching recipes like "Little Potato Cakes with Yogurt Dip" and "Soba Noodle Summer Rolls." I enjoyed reading through all the recipes. Some I'll likely never make for one reason or another, but there are more than enough that look worth the effort. So far, I've made and enjoyed the "Spaghetti Pomodori E Olio" and "Kale, Quinoa, And Sweet Corn" salad. Notably, although it may be heart healthy fat, some recipes have too much oil for my taste and waistline. The Kale dish just noted, for example, calls for 7 tablespoons of oil (840 calories) so I cut the oil in half. My biggest criticism is that this cookbook doesn't provide nutritional information for the recipes, so there's no breakdown of the calories, fat and protein per serving. 4 stars.

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