



## Vegan with a Vengeance : Over 150 Delicious, Cheap, Animal-Free Recipes That Rock

By Moskowitz, Isa Chandra

Da Capo Press, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: In *Vegan with a Vengeance*, Isa Chandra Moskowitz, host of the community access vegan cooking show *The Post Punk Kitchen*, brings the do-it-yourself, community-driven ethos of punk rock into the kitchen. Her cooking philosophy embraces being kind to animals (all recipes are completely animal-product free) and your wallet--while being creative and having fun in the process. She emphasizes staying clear of corporate brand-name foods, and says that cooking should be an innovative, experimental, and completely real experience. This one-of-a-kind cookbook offers 125 recipes for all meals of the day, from stuffed mushrooms to tofu pizza, gingerbread cupcakes to pasta with "alfreda sauce," and is full of tips and tricks on how to keep your diet vegan, inexpensive, and liberated.

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