



# La Dolce Vegan!: Vegan Livin' Made Easy

*Sarah Kramer*

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## **La Dolce Vegan!: Vegan Livin' Made Easy** Sarah Kramer

Sarah Kramer is a vegan cooking superstar. Her first two books, *How It All Vegan!* and *The Garden of Vegan*, co-authored with Tanya Barnard, have sold well over 100,000 copies; *How It All Vegan!* won the Veggie Award for favorite cookbook of 2004 by *VegNews* magazine, and *Herbivore* magazine, in a cover story on Sarah, called her “The World’s Coolest Vegan.”

Sarah returns with her first solo cookbook, featuring more of the delectable, easy-to-prepare recipes that vegans around the world have come to adore. For Sarah, vegan cooking—which eschews all animal products, including butter, milk, and cheese—can be an adventure in dining, without a lot of investment in time or money. In fact, most of the recipes in *La Dolce Vegan!* can be prepared in 20 to 30 minutes or less. From soups and salads to entrees and desserts, they are sure to inspire both committed and part-time vegans alike.

At the heart of the book is Sarah’s wholehearted commitment to the vegan lifestyle that has changed her life completely—from a childhood plagued with health problems to an adulthood filled with the pleasures and joys of living vegan. For Sarah, an animal-free diet will make you happier, healthier, and more content with the world around you.

In addition to the wonderful recipes, there is a fun do-it-yourself section of vegan tips and non-food items. Learn to live the sweet life of veganism and you’ll never look back!

Recipes include: Beauty and the Beet Borscht, Mocked Clam Chowder, Roasted Cherry Tomato Pasta, Sloppy Janes, Blessed Broccoli Stir-Fry, Apple Pie Pancakes, Carob Almond Truffles, and Tomato Soup Cake.

**Sarah Kramer** is the co-author of *How It All Vegan!* and *The Garden of Vegan*. She lives in Victoria, British Columbia, with her husband, where she manages a tattoo shop in addition to creating her vegan masterpieces and maintaining her popular website [www.GoVegan.net](http://www.GoVegan.net).

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