



## There's a Vegan in the Kitchen: Viva La Vegan's Easy and Tasty Plant-Based Recipes

*Leigh-Chantelle*

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**There's a Vegan in the Kitchen: Viva La Vegan's Easy and Tasty Plant-Based Recipes** Leigh-Chantelle There's a Vegan in the Kitchen: Viva la Vegan's Easy and Tasty Plant-Based Recipes is a new recipe book from Leigh-Chantelle, featuring 36 original vegan recipes that are all nutritionally balanced, healthful and easy to prepare. These are delicious alternatives for meat-free, dairy-free, egg-free eating, with a large amount of the recipes also wheat- and gluten-free. There's a Vegan in the Kitchen is a 100-page-plus recipe book and includes the history of Viva la Vegan! from the beginning when Leigh-Chantelle released three calendars to show people how to heal themselves with food, to the interactive online website vivalavegan.net today. As well as the 36 recipes, the book includes full-colour photographs and illustrations, inspiring quotes, food tips, ingredients, pantry and utensils list, along with information on the benefits of living vegan, from health, environmental and ethical perspectives.



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