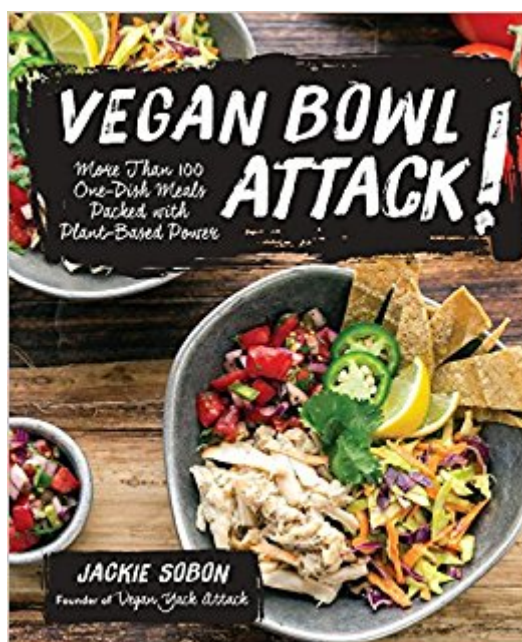


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Vegan Bowl Attack!: More Than 100 One-Dish Meals Packed With Plant-Based Power



Synopsis

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. Beautiful and nourishing, vegan bowls are where it's at. Perfect for workday lunches, delicious 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.

Book Information

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Customer Reviews

"The thing I love most about Jackie's new book, *Vegan Bowl Attack!*, is that she's taken one of the staples of vegan cooking - the bowl - and reinvigorated it with creativity, flair and passion. Not only does she cover a mind-boggling array of culinary styles and ethnic cuisines, she also imbues every recipe with dynamic flavor combinations and easy preparations. As a busy chef and entrepreneur, I rarely have the time to make ornate, complex meals for myself. Her cookbook

will be my new go-to for super quick, delicious and inventive one-dish meals." - Jason Wrobel, Celebrity Vegan Chef and Author of Eaternity"Of the ample recipes I tried (over 1/3 of the book) all received a 5-gold star ranking with some extra plusses. It is one of those rare cookbooks where you cannot go wrong." - Katie Hay of T.O.F.U. Magazine"The array of dishes can satisfy your every craving without consuming a bite of meat or dairy. And, BTW, you don't have to be vegan to enjoy them - Shape.com

Jackie Sobon is a food photographer, recipe developer, and cookbook author specializing in vegan food; as well as a bit of a smart ass. She is the founder of the popular food blog Vegan Yack Attack, that has been growing since 2011 and placed on many top blog lists, which showcases her creative recipes and stunning photography. Her work has been featured on websites such as KTLA, GoodMorningAmerica.com, VegNews.com, KrissCarr.com, PureWow, Babble, and Buzzfeed.As of 2015, Jackie has photographed cookbooks for the likes of Jason Wrobel, Happy Herbivore and other plant-based authors; as well self-published three eBooks, contributed to We Love Quinoa (Quantum, Jan 2016) and is now coming out with Vegan Bowl Attack! (Fair Winds, July 2016). When she is not contemplating her next creation, or obsessing over vegan mac 'n' cheese, (which is rare) she enjoys traveling, crafting, eating with friends, and spending time in the outdoors.

Unlike other reviewers, I wasn't a tester for this cookbook and I hadn't even heard of the author Jackie Sobon before pre-ordering this book about five months ago. I just love bowls and new cookbooks, and this one looked like it would be interesting. So far, I have made two recipes -- the Cashew-Crusted Tofu Stir Fry and the Buffalo Chickpea Mac 'n Cheeze. My husband (who isn't vegan) thought that that the Mac n' Cheeze, which is served on a bed of Romaine lettuce and celery bits, was a bit "unusual," as he phrased it, but I thought that both were delicious! One of the things I really love about this book is it is whole-foods based, so you won't be using any artificial ingredients in the recipes. Not only does Sobon include breakfast and entree bowls, but she also includes smaller-sized snack bowls, soup and salad bowls, dessert bowls, and a whole chapter on sauces, creams, and dressings. The bowls come together fairly easily, but do take some time to prepare. Both of the ones I've made have taken about 45 minutes. Also, as mentioned in my review title, many of them are a bit more time-consuming in that about a third of the recipes contain other recipes within them for sauces or dressings, meaning that you have to be sure to plan ahead to have time to make the other recipes, too. For instance, with the Buffalo Chickpea Bowl I made, you

have to make the cheese sauce and the ranch dressing (both of which require soaking cashews for about two hours), in addition to cooking the pasta and baking the buffalo chickpeas. The result of having so many sub-recipes is that it makes things really flavorful, but do be aware that it requires some extra planning. Overall, I like this book a lot and know that I'll get good use out of it. A couple of months ago, I purchased another vegan bowl book, but the recipes in that one haven't looked as appealing to me as the ones in this one. It's also nice to have so many full-color photos of the recipes since that always inspires me to make them. Bon appetit!

I have made several of the dishes and enjoyed most of them but based on the bowl concept I was expecting dishes that were easier to prepare. Each dish has multiple components and so many take quite a while to prepare. I also found that I needed to cut the salt in half..

Love this book and can't wait to cook more from it. I just looked through Instagram to see what recipes I made while I was a recipe tester. Check out #veganbowlattack to see what some of us made. Some of my favorites were: Kabocha Squash Pozole which also uses an excellent recipe for fresh salsa. Wow. The soup is packed with flavor and the salsa is my go-to recipe. Kimchi Bowl with Curry Almond Sauce was great with my homemade kimchi, but I'm sure you'll like it with whatever you use. There's just something so satisfying about a bowl dinner. Snack Shack Chili Billy Bowl is a Chili on corn chips with a cheese sauce and a recipe for sour cream. The dinner was delicious, but another day I used the leftover cheese sauce as a sauce for a pizza. (I based it on a vegan pizza from Dove Vivi in Portland.) I definitely need to make that again since we live too far from Portland. The Orange Cauliflower Soba Chow Mein bowl was also a big hit at our house. I liked Sesame Apricot Granola on top of my breakfast yogurt. This is a no-oil granola and it wasn't overly sweet either. Fruit stuffed sweet potatoes would be excellent for a holiday dinner. I would like to make them again for Thanksgiving. The day I made them I served them with some Gardein turkey cutlets. As far as the recipes go, I found the directions to be easy to follow, and they use ingredients that I could find in Indiana. I'm looking forward to trying more of the tester's favorites like Spicy Sushi Bowl, Seitan Satay Bowl, and Crispy Portobello Strips. Definitely add this book to your collection. You'll get a lot of use from it, and maybe it will inspire you to think of some new bowl meals of your own.

I have loved Vegan Yack Attack's blog for years, I discovered it soon after going vegan. When I heard she was releasing a cookbook I knew I had to get a copy. I even pre-ordered it. The recipes

are easy to follow, even my husband got out the book and made the chili , which he loved. There are soups, breakfast foods, dinner and salads, even desserts in this book. Something for everyone. If you are looking for a new cookbook, take a chance on this one. You wont be disappointed.

You might think you don't need a book to tell you how to put food into a bowl, but you are wrong. In this book, Jackie gives you recipes for combinations you would probably never have thought of and she shows you to turn simple ingredients into beautiful dishes. The photography in this book is just as spectacular as the recipes. Jackie is a the master of the one-dish meal.

Excited to dig deeper into this book - not quite what I expected, but so far so good! 4 stars due to the poor construction of the book I received - not related to contents inside. The binding is off and makes it slightly awkward to open - but can still read everything!! agree with other reviewers on the time consumption for these bowls, I was thinking this would be a quick and easy way to fix week night meals.. but also think we need to 'take back' the art of making dinner... but, hey, if the family eats it, it's a WIN for me!

This is the best recipe book I have ever bought and I've bought hundreds and hundreds of them. This book is a gold mine if you are or are considering trying to learn about vegan eating and vegan bowl recipes. I highly recommend this book above all others as your go to book for vegan meals. I LOVE LOVE LOVE this book.

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