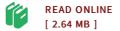# Vegan Inspiration: Whole Food Recipes for Life

By Todd Dacey, Jia Patten

Blue Dolphin Publishing, United States, 2009. Spiral bound. Condition: New. Language: English . Brand New Book. Table of Contents Acknowledgments Foreword ToddÂs Introduction JiaÂs Introduction Organic Farming Acid/Alkaline Balance Colon Health Food Combining Fats and Oils Dairy? To Soy or Not to Soy? Why Vegan Vegan Raw Diet High Vibration Foods Ayurveda Fasting and Meditation Rainbow Fusion Practice Foundational Natural Health Practices Recipe Guidelines and Hot Cooking Tips Common Shopping List Items Basic Kitchen Tools and Measurements Dining as Communion Grace Recipes ~ Beverages ~ Apple Cider and Spice Hip Hemp Mylk Nut and Seed Mylks Basic Almond Mylk Spicy Nut Mylk Almond Nog Awesome Sesame Mylk Almond Fruit Lassi Mango Lassi Amma Chai Hot Coconut Carob Indian Chai Noni Sun Tea Basic Fresh Juice Lean Green Juice Super Alkalinizing Juice Garden Favorite Smoothie Love Potion Smoothie/Breakfast of Champions South Kona Fruit Stand Smoothie ~ Salads ~ Asian Beet Cabbage with Arame Chopped Vegetable Avocado Cole Slaw Cranberry Walnut Cucumber Zucchini Greek Green Papaya Carrot JiaÂs Waldorf Kale/Lemon Flax Dressing Lemon Dill Beets Greens Mandala Garden Quinoa Raw Kale Soba Sunny Summer Traditional Potato Tempeh Salad/ Main Course Tempeh Thai Vegetable Zucchini ~ Dressings ~ Almond Caesar Creamy Onion French...

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