



COOKBOOK

THE COMPLETE PLANT-BASED COOKBOOK:

500 INSPIRED, FLEXIBLE RECIPES FOR EATING WELL WITHOUT MEAT
BY AMERICA'S TEST KITCHEN

**Plant-based cooking means different things to different people.
We all come to plant-based eating with different goals in mind.**

“The Complete Plant-Based Cookbook: 500 Inspired, Flexible Recipes for Eating Well Without Meat” – America’s Test Kitchen’s diverse, modern guide – offers foolproof recipes for every occasion that you can tailor to suit your own needs, choosing whether to make any dish vegan or vegetarian. From building a plant-centric plate to cooking with plant-based meat and dairy, you’ll find everything you need here to create varied, satisfying meals.

The 500-plus recipes are vegan but flexible. You can choose whether to make the Rancheros with Avocado with tofu or eggs, the Farro Salad with Cucumber, Yogurt, and Mint with plant-based or dairy yogurt, the Vegetable Fried Rice with Broccoli and Shiitake Mushrooms with or without eggs, and the No-Bake Cherry-Almond Crisp using coconut oil or butter.

ATK’s plant-based eating strategy is easy, budget-friendly and inclusive.

