



COOKBOOK

# UNBELIEVABLY VEGAN

BY CHARITY MORGAN

Whether you're new to plant-based eating or already a convert, when you cook vegan with Charity Morgan, private chef to athletes and rock stars, you may be leaving out the meat, dairy and eggs, but you won't be missing out on the flavor of your favorite comfort foods.

In her first cookbook, "Unbelievably Vegan: 100+ Life-Changing, Plant-Based Recipes," Morgan lays out a plan for anyone wanting to eat less meat – whether they are looking to go completely vegan or just be a little more meat-free. Inspired by her Puerto Rican and Creole heritage as well as the American South, where she lives with her family, Morgan's recipes are full of flavor. Think Smoky Jambalaya; hearty Jerk-Spiced Lentils with Coconut Rice and Mango Salsa; and a molten Salted Caramel Apple Crisp.

In "Unbelievably Vegan," Morgan proves vegan food can be fun, filling, healthy and, above all else, unbelievably delicious.

