



The book was found

The Vegan Divas Cookbook: Delicious Desserts, Plates, And Treats From The Famed New York City Bakery



Synopsis

The Vegan Divas Cookbook is a beautiful, elegant, and delicious cookbook full of healthy, cruelty-free fare from Fernanda Capobianco, owner of the Vegan Divas Bakery in New York City. Fernanda began her confectionary career as a manager and owner of the Payard Restaurant and Pastry shops in Rio de Janeiro. In The Vegan Divas Cookbook she makes vegan cooking easy and accessible, with more than 75 recipes for sweet and savory dishes without butter, eggs, or refined sugars and flour, accompanied by dozens of color photographs. Unlike many vegan cookbooks that rely heavily on grains and nuts, her fresh and wholesome recipes offer all the benefits of a plant-based diet, plus a light and healthy dose of flavor. In The Vegan Divas Cookbook, Fernanda guides you step-by-step through the basics of plant-based cooking and baking, offering tips for stocking a healthier pantry and easy swaps to replace animal-based oils and fats for healthier, lighter dishes. Discover the secrets to her coveted low-cal desserts, including remakes of familiar classics like Chocolate Chip Cookies and show-stopping treats like Lime-Raspberry Cheesecake Pie. Go guilt-free with savory lunches like Spiced Red Lentil and Coconut Milk Soup, and stay low-fat and full-fiber with hearty loaf breads (some gluten-free) such as Jalapeno Corn Bread.

Book Information

Hardcover: 224 pages

Publisher: Harper Wave (October 8, 2013)

Language: English

ISBN-10: 0062244833

ISBN-13: 978-0062244833

Product Dimensions: 7.4 x 0.8 x 9.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 12 customer reviews

Best Sellers Rank: #796,810 in Books (See Top 100 in Books) #132 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Middle Atlantic](#) #1462 in [Books > Cookbooks, Food & Wine > Special Diet > Weight Loss](#) #1757 in [Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Vegan](#)

Customer Reviews

Featured Recipes from The Vegan Divas Cookbook [Download the recipe for Pissaladiere with Vegetables and Olives](#) [Download the recipe for Pumpkin Scones](#)

“Fernanda is living proof that eating vegan is sustainable and delicious! She undertook a big challenge by replacing unhealthy ingredients with creative and tasty substitutes. She succeeds where many others have fallen short. I will choose Fernanda’s delectable desserts any day!” (Jacques Torres, Master Pastry Chef, Owner of Jacques Torres Chocolate, Dean of Pastry Arts at the International Culinary Center) “It’s not often that we can find a vegan cookbook with a sense of style, taste, and fun! The Vegan Divas Cookbook brings a refreshing and original approach to this style of cooking.” (Daniel Boulud, James Beard Award-winning Chef and Owner of DANIEL and The Dinex Group Restaurants) “The Vegan Divas Cookbook is filled with delicious recipes and great tips on healthy eating. Fernanda shows us that cooking and baking vegan is much easier than one might think. She will leave you eager to try her recipes!” (Eric Ripert, Chef and Co-Owner of Le Bernardin) “Get ready to have your taste buds blown away because these delicious goodies are to die for! (Oh, and no animal stuff in any of them... hoorah!)” (Kathy Freston, Author of The Veganist and The Lean) “Fernanda’s playful approach allows home cooks to create vegan dishes that are delicious and decadent. Vegan Divas is a creative cookbook that everyone should have on their bookshelf.” (Laurent Tourondel, Executive Chef and Owner, BLT restaurants; author of the James Beard Award-nominated Bistro Laurent Tourondel: New American Bistro)

I work on the Upper East Side of Manhattan and I love the Vegan Divas cafe. Her sweets are delicious without hurting my conscience or my waistline! I particularly love their cheesecakes, brownies, and carrot cake. So, when I saw this cookbook, I just had to buy it. I enjoy baking, and want to get her goodies without spending \$55 for a cake! The pictures in the book are gorgeous, and she has an upfront section explaining any odd/vegany ingredients she uses. Most of the ingredients are commonly found and "make sense". Her recipes are full of healthful ingredients that save on calories while still having the decadence of real sugar and some real fat. The only reason I gave this four stars instead of five is that it doesn't have any nutrition info for the goodies, so you have to figure it out for yourself if you're calorie counting.

I am having a lot of fun making the recipes from Fernanda. Very easy recipes!!! :)

One of the best books of my collection, everything turned out great!

Excellent cookbook! It could have more photos.

Great no problems

brought this book as a gift and those I brought it for really liked it and used it right at once

I started to use a recipe from this book and after looking through it and decided what would be yummy. There were a few ingredients I've never heard of before and there is no where that I know of to buy them. So we have not used the book yet.

I love my cookbooks (Adria's Family Meal, Ottolenghi's Jerusalem, lately) and I love my vegan cookbooks (Rawvolution, Thrive, Post Punk Kitchen) so much that I'm still working through them, and I get a lot of recipes online these days....so it's rare when I find another book I want in my collection. After visiting the Vegan Divas NYC cafe I got the book and couldn't be happier. It's a collection of recipes that are doable for the home cook, that don't use any processed foods, and that have a homey quality to them. After reading about Chef Fernanda's story, the dishes are kind of like if your mom was a born in Brazil, owned a French patisserie, and then became a vegan cook! I was happy to find a lot of savories too, the Spiced Lentil and Coconut Milk soup is rich and refined and warming and light all at the same time. It's going on the weekly Fall/Winter supper menu. And the roasted Kabocha pumpkin with peanut sauce went GREAT with my roast chicken (for carnivores the chicken recipe is Jamie Oliver's Perfect Roast Chicken with fresh ginger instead of thyme/rosemary). The savories have a global, refined quality, my favorite kind of vegan food...naturally vegan, using techniques and ingredients from cuisines that have culturally vegan aspects to start with. I haven't tried the baked desserts yet - I hope I can replicate the carrot cake and chocolate cake from the Vegan Divas cafe! It will save me a fortune in mail order when I have a houseful this holiday! PS The shopping list for a vegan pantry is thorough and really useful, as not having ingredients on hand is my #1 reason not to try a new recipe.

[Download to continue reading...](#)

The Vegan Divas Cookbook: Delicious Desserts, Plates, and Treats from the Famed New York City Bakery Ethnic Vegan Box Set 4 in 1: Dairy Free Vegan Italian, Vegan Mexican, Vegan Asian and Vegan Mediterranean Recipes for an amazing Raw Vegan lifestyle (A ... Protein Vegan Recipes and Vegan Nutrition) Vegan Cookbook for Beginners: Top 500 Absolutely Delicious, Guilt-Free, Easy Vegan Recipes-The Ultimate Vegan Cookbook Chock-Full of Recipes(Vegan Cookbooks for

beginners, Vegan Diet,Weight loss,Vegan Vegan: 100 Delicious Recipes For The Beginner Vegan
Vegan Diet (vegan diet,vegan cookbook,vegan smoothies) Vegan: The Ultimate Vegan Cookbook for
Beginners - Easily Get Started With Over 70 Mouth-Watering Vegan Recipes (Vegan Recipes for
Beginners, Vegan Diet for Beginners, Vegan Cookbook for Beginners) Vegan for Everybody: Vegan
Instant Pot Cookbook: Plant Based Vegan Diet of Delicious, Healthy Instant Pot Vegan Recipes for
Every Occasion to ensure Weight ... Plant-Based Vegan Cookbook for Beginners 1) Vegan: High
Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast
Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Vegan Instant Pot
Cookbook - Healthy and Easy Vegan Pressure Cooker Recipes for Everyday Cooking: (Vegan
Instant Pot Cookbook for Two, Vegan Instant Pot Recipes, Vegan Pressure Cooker Cookbook)
French Desserts: The Art of French Desserts: The Very Best Traditional French Desserts & Pastries
Cookbook (French Dessert Recipes, French Pastry Recipes, French Desserts Cookbook) Vegan:
High Protein Cookbook: 50 Delicious High Protein Vegan Recipes (Dairy Free, Gluten Free, Low
Cholesterol, Vegan Diet, Vegan for Weight loss, vegetarian, vegan bodybuilding, Cast Iron,) New
York City Travel Guide: 101 Coolest Things to Do in New York City (New York Travel Guide, NYC
Travel Guide, Travel to NYC, Budget Travel New York, Backpacking New York) The Ultimate Vegan
Instant Pot Cookbook: Tasty & Healthy Vegan Instant Pot Recipes for Everyone (Vegan Instant Pot
Recipes Cookbook, Vegan Instant Pot Cooking, Vegan Instant Pot for Two) VEGAN: 30 Days of
Vegan Recipes and Meal Plans to Increase Your Health and Energy (Healthy Eating, Vegan
Recipes, Vegan Cookbook, Gluten Free, Low Carb, Vegan Diet, Healthy Weight Loss Book 1) The
Vegan Power: Why Going Vegan Will Save Your Life (Vegan diet, Veganism, Healthy Eating, Vegan
Diet For beginners, Clean Eating, Weight Loss, Vegan Cookbook) Vegan: 365 Days of Vegan
Recipes (Everyday Vegan Vegan Recipes Vegan Cookbook) Vegan Instant Pot Cookbook: 60
Amazing Instant Pot Recipes for Everyday Cooking (Vegan Instant Pot Cookbook for Two, Vegan
Instant Pot Recipes, Vegan Pressure Cooker Cookbook) Vegan Protein Smoothies: Superfood
Vegan Smoothie Recipes for Vibrant Health, Muscle Building & Optimal Nutrition (Vegan
Cookbooks, Vegan Smoothies, Vegan Smoothie Recipes) (Volume 1) Vegan: Vegan Dump
Dinners-Vegan Diet On A Budget (Crockpot, Quick Meals,Slowcooker,Cast Iron, Meals For One)
(Slow Cooker,crockpot,vegan recipes,vegetarian ... protein,low fat,gluten free,vegan recipes) The
New York Times Guide to New York City Restaurants 2002 (New York Times Guide to Restaurants
in New York City) One-Pot Vegan Cookbook: Family-Friendly Salad, Soup, Casserole, Slow Cooker
and Skillet Recipes for Busy People on a Budget (Vegan, Vegan Cookbook, Vegan Recipes)

Contact Us

DMCA

Privacy

FAQ & Help