



The Lusty Vegan: A Cookbook and Relationship Manifesto for Vegans and Those Who Love Them

By Ayinde Howell, Zoe Eisenberg

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?A cookbook and advice guide for vegans dating non-vegans. Delicious recipes by a respected chef, and advice on relationships, dating, and sex when one wants tofu while the other wants a cheese burger. Irreverent humor, solid advice, and good eats!

?This combination cookbook and lifestyle book takes a unique look at inter-palate partnering, with personal stories and tips for peaceful co-existence when one partner wants a cheeseburger and the other wants a tempeh slider.

?Award-winning Chef Ayinde has crafted 80 delicious recipes that both vegans and omnivores can enjoy together, including:?

- Classic Cloud-Nine Pancakes
- Tuscan 12-Vegetable Soup with Savory Biscuits
- Habanero Portobelo Fajitas
- Crispy Spring Rolls
- Cherry Cobbler and Cacao Nibs
- Many more

?Ayinde and Zoe are longtime vegans, but they have something else in common; neither has ever dated another vegan. After comparing notes, they realized the need for a manifesto to help vegans and omnivores navigate their cross-cuisine love life. The book shares tips for vegans who want to satisfy the appetites of their omnivorous counterpart, and for non-vegans who want to impress their plant-based partners.

?The authors' personal experiences and advice can be irreverent, but always on the mark for people needing relationship solutions, both romantic and culinary. Loaded with humorous anecdotes and seductive full-color food photographs. *The Lusty Vegan* provides delicious recipes and lots of fun along the way.

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- Sales Rank: #480308 in Books
- Published on: 2014-10-07
- Released on: 2014-10-07
- Original language: English
- Number of items: 1
- Dimensions: 7.50" h x .70" w x 9.00" l, 1.36 pounds
- Binding: Paperback
- 256 pages

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Editorial Review

Review

"Check out *The Lusty Vegan* for a lively examination of the possibilities for love and passion between two people with widely divergent eating habits." (Karin E. Baker, Huffington Post)

"...Howell and co-author Zoe Eisenberg dish out all the dirt of co-existing in a meat-filled world; think part cookbook, part advice and part sex education for vegans dating non-vegans." (Tyrus Townsend, JET)

About the Author

Ayinde Howell is an executive chef who lives and works in Los Angeles. His recipes have been published in the *New York Times*, *Essence*, *VegNews Magazine*, and many others. He is the founder and publisher of the award-winning iEatGrass website, and owner and executive chef of his critically acclaimed culinary-event company, Wildflower.

Zoe Eisenberg is a writer and editor who focuses on food, health, relationships and sex. With a background in holistic health and creative writing, Zoe has been published in a variety of print and online outlets, including the Huffington Post, Shape.com and XOJane.com.

Users Review

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