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TAMASIN NOYES is the author of American Vegan Kitchen, Grills Gone Vegan, Vegan Sandwiches Save the Day!, Whole Grain Vegan Baking, and the upcoming The Great Vegan Protein Book. She is the founder of www.veganappetite.com and has worked as a committed cookbook tester for many well-known vegan cookbook authors (such as Isa Chandra Moskowitz, Terry Hope Romero, Robin Robertson, Dynise Balcavage, and Kelly Peloza) and has cooked in several

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Overview. Whole grains are a great source of protein and other nutrients that are typically found in meat and eggs, making them a valuable part of any plant-based diet. That ' s where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the

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The ladies cover all types of grains in this book: spelt, einkorn, barley, polenta, wheat, bulgur, amaranth, buckwheat, freekeh, etc. The chapters are broken into breakfasts, mains, sides and soups and salads. As typical for Fair Winds Press, the book is printed on high-quality paper with top-notch, full-colored photography.

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While naturally vegan by nature, grains are often paired with non-vegan ingredients, making many recipes off-limits to vegans. That's where The Great Vegan Grains Book comes the rescue, taking you step-by-step through the myriad grains available today, and providing you with more than 100 delicious and easy plant-based, whole-grain recipes (many of them low-fat, soy free, and even gluten-free!).

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