



PETA's Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School

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Who needs the cafeteria? Make your own easy, delicious, animal-free meals!

Let PETA turn your dorm room or apartment into the campus destination for amazing vegan food! Inside are the 250 simplest, most scrumptious recipes for college vegans on a budget - and the best part is, the most complicated kitchenware you'll ever need is a microwave. With vegan recipes collected from PETA's nearly 2 million members, we've got all the best insider info:

- Vegan alternatives to meaty, eggy, and milky stuff
- How to stock your kitchen/mini-fridge
- How to make meat-free sandwiches, salads, soups and stews
- Breakfast, lunch and dinner recipes
- The best drinks, dips, sauces, and dressings
- Unbelievable vegan dessert recipes
- Spotlight sections on the staples we love: peanut butter, potatoes and Ramen

Featuring a forward from PETA president Ingrid E. Newkirk, this is the essential college cookbook for every vegetarian or vegan on a budget.

PRAISE FOR PETA'S VEGAN COLLEGE COOKBOOK:

"PETA's Vegan College Cookbook makes me want to go back to school and earn a degree in yum."
Hunter Burgan, AFI and Hunter Revenge

"I live on a tour bus so if it can't be made in the microwave or eaten right from the refrigerator or pantry, then I don't eat it. PETA's Vegan College Cookbook is perfect for me and my lifestyle."
Kellie Pickler, country music star and former American Idol contestant

A lifelong vegetarian saves around:

760 chickens

5 cows

20 pigs

29 sheep

46 turkeys

15 ducks

7 rabbits and half a ton of fish.

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Dawn Dustin:

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Harold Felix:

Have you spare time for just a day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to typically the Mall. How about open or even read a book eligible PETA's Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School? Maybe it is to get best activity for you. You realize beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with its opinion or you have various other opinion?

Lenore Cortez:

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Francisco London:

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