



The 100 Best Gluten-Free Recipes for Your Vegan Kitchen: Delicious Smoothies, Soups, Salads, Entrees, and Desserts

Kelly E. Keough

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DELICIOUSLY ANIMAL-FREE GLUTEN-FREE

Being vegan is a culinary challenge, especially when you are avoiding gluten. This book shows how to address both restrictions without sacrificing flavor or adding hours in the kitchen. These mouth-watering recipes draw on the best natural animal and wheat substitutes to create savory and sweet favorites, including:

- **Banana Walnut Pancakes**
- **Blueberry Cornbread Muffins**
- **Maple-Glazed Oatmeal Scones**
- **Blueberry Protein Smoothie**
- **Lotus Chips with Hummus**
- **Cheddar Cheese Nut Sauce**
- **Pad Thai Salad**
- **Cream of Butternut Squash Soup**
- **Hot Tamale Pie**
- **Chick Coconut Curry**
- **Lentil Loaf**
- **Manicotti in Marinara**
- **Cashew Alfredo Sauce**
- **Polenta Pizza**
- **Lemon Chiffon Pie**
- **Chunky Peanut Butter Cookies**
- **Chocolate Carob Brownies**
- **Red Velvet Cupcakes**

In addition to 100 tasty treats, you'll find advice on stocking your kitchen with gluten-free vegan basics, tricks for quicker and easier preparation, and tips on how to save money when buying vegan and organic ingredients.

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