

Reviews



Here's what people are saying about **Blue Moon Vegan**:

"A wonderful companion for your journey down the road towards a healthier, more natural relationship with food. Lots of great, easy to make recipes. I highly recommend it."

"'Blue Moon Vegan' is a practical and effective guide to vegan cooking. There are recipes for all tastes and skills, as well as great information about the benefits of a vegan lifestyle. Paula's writing is personal and fun. This book is good reading for good eating."

"If her descriptive story style didn't hook me, the gorgeous images of her creations did; to the point of salivating! You have done it again, Ms Coomer!"

"The recipes are easy to follow, full of flavor, and just delicious! Blue Moon Vegan has helped me change me outlook on food and I look forward to trying out every single recipe in the book!"

"I really like the simplicity of this book! It's very helpful in explaining what to buy and why and the recipes are easy to follow. As a vegan I am always looking for different things to get out of my box and this gives me many more options."

"Love, love this book full of delicious recipes! Definitely buy this book and start cooking these healthy delicious dishes today!"

"Her writing is colorfully delightful and informative...The stories that accompany each of the recipes are personal and wonderful to read."

"All in all, I know this is going to be my "go to" cookbook to incorporate more vegan dishes into my diet."

"Truth be told, I have never been as excited about vegan and gluten-free meals as I am after reading this book. First of all, I love Paula Marie Coomer's writing style. It's effortless. Easy-going. As I'm reading, I feel like I'm sitting at the kitchen table with her, as she discusses how her husband Phil's Mellow Yellow Scramble came into being...One of my favorite parts of the book is the pantry section. Paula breaks it down perfectly and takes the guesswork out of shopping for and creating vegan dishes. I love that! I'm really excited about Blue Moon Vegan."

"One of the most spectacular parts of this book is the explanation of what particular foods do in cooking. It makes understanding the chemistry of substitutions approachable, and helped me understand how she could make gluten-free cakes, not use eggs, flour or butter, and create protein-laden vegan dishes....If you are looking to try more vegan recipes, or if you are trying a new life-style for health reasons, this book is a great choice."

"There is a wonderful mix of everyday recipes (less oil) and decadent rich sounding ones that are a fun treat to make when you look forward to spoiling yourself."