



The Vegan Soulfood Guide to the Galaxy

Afya Ibomu

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The Vegan Soulfood Guide To the Galaxy is much more than a cookbook. It's a fun, fact filled guide to the vegetarian world of grocery shopping, understanding nutrition, meal planning, dining out as a vegan and more! No more bland vegetarian taste; now you have in your hands a complete resource for cooking mouthwatering, inexpensive soulfood recipes made with out white sugar, white flour, white rice, animal or dairy products that satisfy vegans and carnivores alike. Make delicious and nutritious versions of these classic recipes: Sweet Potato Pie- Potato Salad- Tofu Buffalo "Wings"- Corn Bread- Chocolate Chip Cookies- Collard Greens- Candied Yams And More! Also Included: Pimp My Tofu DVD A Free Instructional Cooking DVD with theme song featuring Sticman of Dead Prez

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