



BenBella's Best of Plant-Based Eating: Recipes and Expertise from Your Favorite Vegan Authors

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Living plant-based doesn't mean you have to resign yourself to eating salads for every meal (although we wouldn't say no to a bowl of leafy greens).

BenBella's Best of Plant-Based Eating, which has been downloaded over 125,000 times, includes creative and delicious recipes for a well-balanced, varied, and satisfying vegan lifestyle. Inside this second edition, you'll find nearly 50 recipes, including 14 brand-new dishes, from our top-selling cookbooks including:

Thai Tacos

Savory Chickpea Omelets

Buddha Lentil Burger

Raspberry and Coconut Glazed Doughnuts

And more!

Along with recipes, you'll also find selections exploring the global implications of a plant-based lifestyle, to feed your mind as well as your body.

***BenBella's Best of Plant-Based Eating* includes recipes and selections from:**

Tracy Russell's *The Best Green Smoothies on the Planet*

Del Sroufe's *Better Than Vegan*

Christy Morgan's *Blissful Bites*

LeAnne Campbell's *The China Study Cookbook*

Del Sroufe's *The China Study Quick & Easy Cookbook*

Jeff and Joan Stanford's *Dining at The Ravens*

Lindsay Nixon's Happy Herbivore Series

The Happy Herbivore Cookbook

Everyday Happy Herbivore

Happy Herbivore Abroad

Happy Herbivore Guide to Plant-Based Eating

Happy Herbivore Holidays & Gatherings

Happy Herbivore Light & Lean

Eric Brent and Glen Merzers' *The HappyCow Cookbook*

Christina Ross' *Love Fed*

Laura Theodore's *Jazzy Vegetarian Classics*

Dreena Burton's *Plant-Powered Families*

Kim Campbell's *The PlantPure Nation Cookbook*

Heather Crosby's *YumUniverse*

Pam Popper and Glen Merzer's *Food Over Medicine*

J. Morris Hicks's *Healthy Eating, Healthy World*

T. Colin Campbell and Howard Jacobson's *Whole* and *The Low-Carb Fraud*

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Mary Redus:

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Roland Collins:

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Lorraine Michael:

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