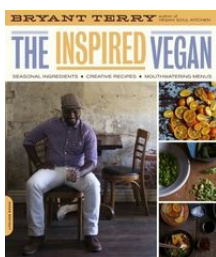


# THE INSPIRED VEGAN: SEASONAL INGREDIENTS, CREATIVE RECIPES, MOUTHWATERING MENUS

From the author of Vegan Soul Kitchen: ingredients that inspire, unique recipes, and menus for everyday feasts. Marking his 10-year anniversary working to create a healthy, just, and sustainable food system, Bryant Terry offers more than just a collection of...



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### The Inspired Vegan: Seasonal Ingredients, Creative Recipes, Mouthwatering Menus

Author	<b>Bryant Terry</b>
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## Reader's Opinions

seasoned chefs; those interested in connections of food to history, culture, politics and art

I've already made a couple winter dishes that were so unlike anything I would have come up with! I love that he organizes the dishes by season! What I really love about this guy, is that he takes a food culture, African American, and he keeps the flavor and soul of the meal but removes the less healthy ingredients and replaces them...