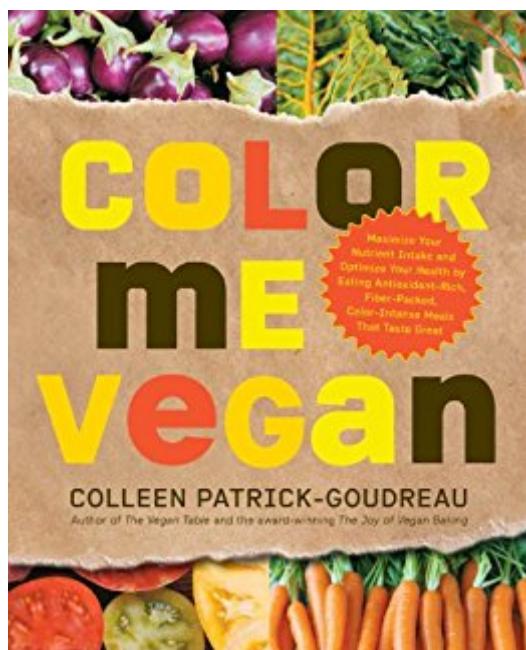


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# Color Me Vegan: Maximize Your Nutrient Intake And Optimize Your Health By Eating Antioxidant-Rich, Fiber-Packed, Col



## Synopsis

"With Color Me Vegan, Colleen Patrick-Goudreau takes veganism to a whole new level. This is exactly what people need to eat more compassionately, experience superior health, and enjoy out-of-this-world flavors. Get ready to taste the real rainbow!"<sup>•</sup>Rory Freedman, author of the #1 New York Times bestseller Skinny Bitch" In Color Me Vegan, Colleen Patrick-Goudreau makes assembling balanced meals as easy as painting by numbers. With the publication of her third book, Patrick-Goudreau remains one of the most endearing and innovative vegan chefs."<sup>•</sup>Bryant Terry, author of Vegan Soul Kitchen"Taking 'nutrient-dense' to a whole new level, Color Me Vegan provides a mouthwatering palette of simple but delectable recipes. We should make a point to eat the rainbow, and this book is the pot of gold at the end that is sure to brighten any diet!"<sup>•</sup>Dr. Michael Greger, Director of Public Health at the Humane Society of the United States Eat by color for more flavorful meals and extraordinary health! In Color Me Vegan, author and vegan extraordinaire Colleen Patrick-Goudreau brings an edible rainbow of plant-based cuisine to your kitchen table with 150 flavorful recipes designed to boost your health and perk up your palate. With color as the guiding principle behind each section, Colleen shows vegetarians, vegans, and everyone in between exactly how phytonutrients<sup>•</sup>the most powerful, pigmented antioxidants on earth, found in everything from select fruits and vegetables, to grains, legumes, nuts, and seeds<sup>•</sup>can be expertly incorporated into your meals for the greatest nutritional punch. From the "Color Me Blue" chapter, for example, you'll be treated to recipes such as:<sup>•</sup>Radicchio Fennel Salad with Caper Dressing<sup>•</sup>Chilled Blueberry Mango Soup<sup>•</sup>Lavender-Roasted Purple Onions<sup>•</sup>Eggplant with Dengaku (Sweet Miso) Sauce<sup>•</sup>Purple Plum Pie with Crumble Topping From sensational starters and salads, to filling mains and sides, to crave-worthy desserts<sup>•</sup>in every color<sup>•</sup>each recipe is not just a feast for your stomach, but a feast for your eyes as well!

## Book Information

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## **Customer Reviews**

I received my copy of "Color me vegan" in the mail yesterday and I couldn't wait to start cooking. I think I read every single recipe and I was excited to see that they were original and covered a very wide range of produce. I was wondering how Colleen was going to manage writing recipes for starters, soups, main courses, side dishes and desserts of every color. Well, she did. From then creamy avocado mousse (delicious green recipe) to the red chard pie (red recipe, of course) , this book is chock full of tips, nutritional information, variations, and even some food history.I like the fact that you don't have to constraint yourself to the ingredients listed in the recipe. The book packs some much information that you can make your own choices about how you would like your recipe to look and taste like. I recommend that you read the entire recipe, as well as the notes on the top and bottom before you start cooking.The book itself is very easy to read, it has clear instructions and doesn't call for too many ingredients like other books do. The ingredients are easy to find if they aren't in your pantry already. There isn't a picture for every single recipe, but the pictures in the book are really beautiful. They make you want to cook.If you are new to veganism, this is a good way to start cooking new food. After testing some of this recipes, you will realize that vegan food is not "rabbit food" or bland food. Rather, it is healthful and delicious.Last night I made a pie, a dessert and a vegan cheese. Everything was yummy!

This book is amazing! Love the concept, there are tons of pictures and I actually am excited to try every recipe. Most cookbooks I own I try some of the recipes but not all. Every recipe in this book looks delicious, doesn't have crazy health food store ingredients and isn't just another book trying to mimic meat dishes. Colleen actually showcases the vegetables and lets them shine. I've been

vegan for a long time and I have a bookshelf full of vegan cookbooks so I know what I'm talking about. I've already tried the beet burgers (which passed the meat eating friends test) and the blueberry ketchup and I'm completely sold that everything in here is going to be fabulous. I've already ordered three more copies for Xmas presents. For a good collection of books I recommend Color Me Vegan, The Vegan Table, Viva Vegan, Vegan a go go and vegan cupcakes take over the world.

I really like the scientific and nutritional information contained within this book. We all know we should eat vegetables and fruits. I enjoy knowing the science behind this. So 5 stars just for having that information in an easy-to-digest format (pun not intended, but it's staying there!). The recipes themselves are characteristic of Colleen Patrick-Goudreau's other recipes - Delicious and not too much of a pain to put together. She also has suggestions to change things up within each recipe, fun facts about various ingredients, and includes nutritional information for everything. Can't find ripe cherries? Substitute dried ones. Want a different color? Try purple basil instead of green. Can't find fresh? Use canned. The point is to get more fruits and vegetables and being satisfied without eating animal products, not to be a holy organic vegan princess. I also appreciate the encouraging, non-preachy tone. Transitioning to veganism is hard enough without being shouted at that you're doing it wrong and that you should feel terrible for not getting everything at farmers' markets or buying organic everything.

Great cookbook. Only a month ago, I was an omnivore buying vegetarian cookbooks and magazines to add more vegetables to my diet. Then I decided to do a vegan experiment- could I adopt a vegan diet for a month? I bought this cookbook to help me through the experiment - I wanted to cook vegan food, not just vegan adaptations of my omnivore diet. This book has exceeded my expectations and introduced me to great recipes - I have loved everything I have made from this cookbook and appreciate that the author includes nutritional information. This has really helped me make my diet healthier. I went through the book and tucked in little bookmarks for the recipes I want to try - the book is filled with them. I love the swiss chard curry with the coconut rice and have made this a couple of times now. I haven't tried anything I wouldn't be happy to try again. Other vegan cookbooks have delicious recipes too (Veganomicon: The Ultimate Vegan Cookbook) but what I particularly appreciated about Color me Vegan is that the author has included delicious recipes with the calorie count. Colleen Patrick-Goudreau has convinced me it is possible to eat delicious and healthy food. And armed with great recipes from this cookbook, I think I

can eat a vegan diet - and if you're thinking about becoming a vegan or looking for healthy recipes as a vegan, I think this book will help. I also think this book will help if you're just looking for delicious ways to increase the whole foods in your diet.

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