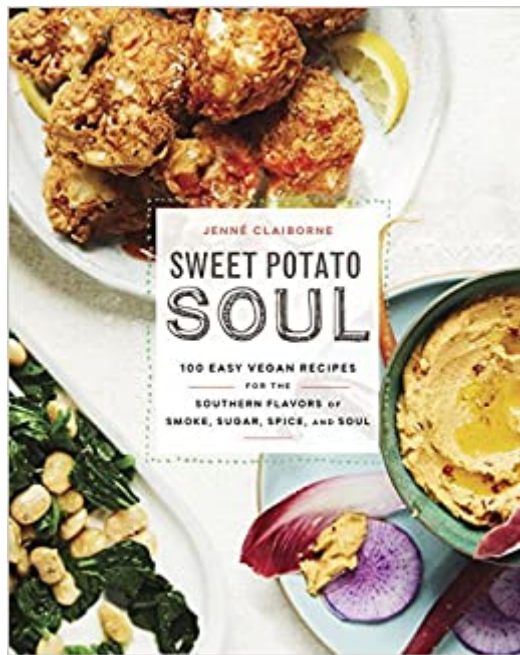




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Sweet Potato Soul: 100 Easy Vegan Recipes For The Southern Flavors Of Smoke, Sugar, Spice, And Soul



Synopsis

JennÃƒÂ© Claiborne grew up in Atlanta eating classic Soul Food--fluffy biscuits, smoky sausage, Nana's sweet potato pie--but thought she'd have to give all that up when she went vegan. ÃƒÂ As a chef, she instead spent years tweaking and experimenting to infuse plant-based, life-giving, glow-worthy foods with the flavor and depth that feeds the soul. ÃƒÂ The result? Her first cookbook, SWEET POTATO SOUL, offering 100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. JennÃƒÂ© revives the long tradition of using fresh, local ingredients creatively in dishes like Coconut Collard Salad and Fried Cauliflower Chicken. She improvises new flavors in Peach Date BBQ Jackfruit Sliders and Sweet Potato-Tahini Cookies. She celebrates the plant-based roots of the cuisine in Bootylicious Gumbo and savory-sweet Georgia Watermelon & Peach Salad. And she updates classics with JalapeÃƒÂ o Hush Puppies, and her favorite, Sweet Potato Cinnamon Rolls.ÃƒÂ Along the way, JennÃƒÂ© explores the narratives surrounding iconic and beloved soul food recipes, as well as their innate nutritional benefits--you've heard that dandelion, mustard, and turnip greens, okra, and black eyed peas are nutrition superstars, but here's how to make them super tasty, too. ÃƒÂ From decadent pound cakes and ginger-kissed fruit cobblers to smokey collard greens, amazing crabcakes and the most comforting sweet potato pie you'll ever taste, these better-than-the-original takes on crave-worthy dishes are good for your health, heart, and soul.

Book Information

Paperback: 240 pages

Publisher: Harmony (February 6, 2018)

Language: English

ISBN-10: 0451498895

ISBN-13: 978-0451498892

Shipping Weight: 13 ounces (View shipping rates and policies)

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Customer Reviews

"One potato, two potato, give me all your sweet potatoes!! Jenne has crafted the best soul satisfying

comfort vegan recipes. With easy recipes such as sweet potato hummus, Bourbon BBQ Tempeh Sliders, Fried Cauliflower Chicken, and really stellar vegan pound cakes you can bring the very best dishes from Atlanta, Georgia right into your own kitchen!" - Chloe Coscarelli, author of *Chloe Flavor* and *Chloe's Kitchen*"We've all been waiting for this! Jennie Claiborne's *Sweet Potato Soul* cookbook is an absolute dream for anyone craving Southern flavours and soul food classics. Hearty, inviting, and always delicious, Jennie's recipes prove time and time again that stick-to-your-ribs eating can be completely plant-based! This mouth-watering collection uses whole food ingredients and simple techniques to recreate quintessential recipes like cornbread, sweet potato pie, and collards galore! Jennie's bright spirit and genuine love of sharing healthy food from her roots shines through on every page." - Sarah Britton, Holistic Nutritionist and founder of *My New Roots*"Jennie cooks up a fresh take on one of my all time favorite cuisines, vegan soul food, seasoned with her personal anecdotes and can-do approach toward healthy eating for everyone." - Terry Hope Romero, author of *Veganomicon*, *Salad Samurai*, and *Vegan Eats World*"Jennie Claiborne knows how to make ingredients sing. Tasty, fresh, soulful -- you won't even realize these brilliant recipes are vegan!" - John Mackey, Co-Founder and Chief Executive Officer, Whole Foods Market "If comfort food wasn't born in the South, it grew up there. Now culinary wunderkind Jenne Claiborne perfects this culinary genre: hearty, satisfying, all's-right-with-the-world dishes that are kind to animals and the planet, and that will make your waistline and arteries as happy as they'll make your family." - Victoria Moran, author of *A Main Street Vegan*, and coauthor of *The Main Street Vegan Academy Cookbook*"Jennie has cooked up something special in her debut cookbook, proving that Soul food can be compassionate to the environment and to animals while tasting great -- in fact, better than ever!" - Gene Baur, president and cofounder of Farm Sanctuary, and author of *Farm Sanctuary: Changing Hearts and Minds About Animals and Food*

JENNE CLAIBORNE is a NYC-based vegan personal chef, cooking instructor, and the blogger behind *Sweet Potato Soul*, with over 200,000 followers on social media. She studied at the Institute for Integrative Nutrition and founded the personal chef company, *The Nourishing Vegan*, whose clients have included India Arie, Lucy Liu, Lululemon, Soho House, Whole Foods, and many more. Jennie has been on *Today*, and her recipes and nutritional advice have been featured in *VegNews*, the *Vegetarian Times*, *Shape.com*, the *Huffington Post*, *Reader's Digest*, *Thoughtfully Magazine*, *Greatist*, *Well+Good*, *Laika magazine*, *Urban Bush Babes*, *Main Street Vegan*, *Our Hen House*, and *Refinery 29*. She is the cocreator of *Buddhalicious*, an online meal

planning service that makes it easy for people to adopt a healthy and delicious vegan diet.

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