



# **PETA's Vegan College Cookbook: 275 Easy, Cheap, and Delicious Recipes to Keep You Vegan at School**

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**Who needs the cafeteria? Make your own easy, delicious, animal-free meals!**

Let PETA turn your dorm room or apartment into the campus destination for amazing vegan food! Inside are the 250 simplest, most scrumptious recipes for college vegans on a budget - and the best part is, the most complicated kitchenware you'll ever need is a microwave. With vegan recipes collected from PETA's nearly 2 million members, we've got all the best insider info:

- Vegan alternatives to meaty, eggy, and milky stuff
- How to stock your kitchen/mini-fridge
- How to make meat-free sandwiches, salads, soups and stews
- Breakfast, lunch and dinner recipes
- The best drinks, dips, sauces, and dressings
- Unbelievable vegan dessert recipes
- Spotlight sections on the staples we love: peanut butter, potatoes and Ramen

Featuring a forward from PETA president Ingrid E. Newkirk, this is the essential college cookbook for every vegetarian or vegan on a budget.

## **PRAISE FOR PETA'S VEGAN COLLEGE COOKBOOK:**

"PETA's Vegan College Cookbook makes me want to go back to school and earn a degree in yum."  
*Hunter Burgan, AFI and Hunter Revenge*

"I live on a tour bus so if it can't be made in the microwave or eaten right from the refrigerator or pantry, then I don't eat it. PETA's Vegan College Cookbook is perfect for me and my lifestyle."  
*Kellie Pickler, country music star and former American Idol contestant*

### **A lifelong vegetarian saves around:**

760 chickens

5 cows

20 pigs

29 sheep

46 turkeys

15 ducks

7 rabbits and half a ton of fish.

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#### **Wendy Cort:**

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