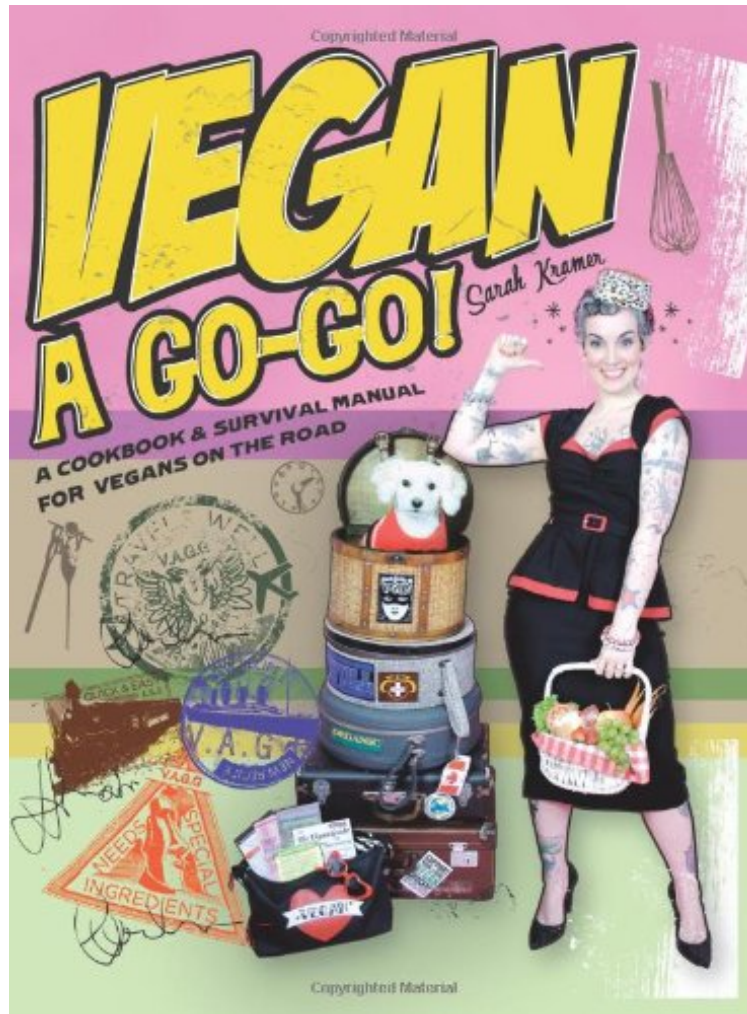


(Library ebook) Vegan a Go-Go!: A Cookbook Survival Manual for Vegans on the Road

Vegan a Go-Go!: A Cookbook Survival Manual for Vegans on the Road

Sarah Kramer

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Sarah Kramer : Vegan a Go-Go!: A Cookbook Survival Manual for Vegans on the Road before purchasing it in order to gage whether or not it would be worth my time, and all praised Vegan a Go-Go!: A Cookbook Survival Manual for Vegans on the Road:

0 of 0 people found the following review helpful. Delicious recipes- not really for travel though. By SusaninacloudThe recipes look delicious, but they aren't travel recipes. You will need small appliances and a shopping list. I'm glad I got it though because I am eager to try the red lentil soup and other recipes. There was one really good travel tip: Take a plastic fork, knife and spoon. If you need to make nut butter sandwiches with grocery store ingredients, you will need them!4 of 4 people found the following review helpful. Vegan a Go-Go!By Maria Mom of TwoI keep this little book

in my purse at all times so when I get to the grocery store unprepared I can just pull it out, pick a few dinners and grab all the ingredients! It's great for those days when I didn't plan ahead. I have all of Sarah's cookbooks and I love them! This one is mostly a compilation of the other 3 books, with a few brand new recipes. Everything in here can easily be made while away from home if you have access to a stove, a couple of pots and a knife. Most of the recipes don't have any real special ingredients, so if you are in "meatville" as she calls it, you should still be able to find what you need to prepare a good vegan meal. If you are staying in a tent or a small hotel it won't be much help to you, obviously (unless you're buying it to keep it in your purse like I do! :) But if you like to cook and are staying in a condo or at a family or friend's house, this is a great little cook book to take a long, and with the price on , it's a bargain. 1 of 1 people found the following review helpful. Okay, so it's a small sized book, but the print is tinier than TEENSY! Yowza, you will need a magnifying glass! By gmbVegan a Go-Go, written by Sarah Kramer, is a great little (literally pocket-sized) book that was printed in 2008 and its content is designed for helping vegans to figure out ways to eat very well, during travel. The book has some useful information but the publishing format just doesn't bode well for being able to read and enjoy. I don't know why the print is SOOOOOO small when so much of each page's margins are blank and unused. And rather than helpful photos (this is a food book!) there are simple, repetitive images of 'travel stamps' and old-fashioned locomotives. In fact, there are NO pictures of food in this cookbook! With quirky admonishments to "WEAR CLEAN UNDERWEAR" and a photo of a galactic girl with a space gun (for the chapter heading "Dips and Spreads") urging "Ask for directions" (???!!!)... there are also (thank goodness!!! come on, now!) advice blurbs as well, such as, "Pale is the new tan." The tone of the book is 'your best girlfriend or older sister 'advice style.' There are travel tips on packing, good safety tips and advice on vegan food choices abroad. Airline and cruise (ship) tips are also included. There is an index, but the print is perhaps a 5 point font. There are lots of recipes and most of them are quite simple. Often there is a single recipe to a page (again in the super tiny print with all the white margins). I think the best thing the book does is to remind a traveling vegan what her options are when so many other issues and thoughts may be clouding the brain. For this reason, the book is solidly helpful. The book has a loving, conversational, fun tone to it and if it weren't for the insanely small print and wasted white space, I would recommend this book to almost anyone. I still rate the book with five stars but seriously it will require a magnifying glass and no, I'm not kidding. 5 stars for the highly discounted price I paid, the educational format, recipes, table of measurement equivalents, and the blank pages for personalizing your trip(s). ***Side note: My copy came from fulfillment through the Seattle Public Library (Queen Anne Library) along with its official stamp of library release. I love the idea that my little book came from the Seattle Library and along with the book's quirky content and tattoo-girly-vixen imagery, it feels majorly Portlandia-fun. ***Don't pay full price for the book; search for a great deal. I did! Mine was less than \$5 and free shipping utilizing Prime.

Sarah Kramer is a vegan superstar; she was named The Worlds Coolest Vegan by Herbivore Magazine, and her first three cookbooks have sold a combined total of over two hundred thousand copies. Vegan a Go-Go! represents a change of pace for Sarah: it is a cookbook and more for vegan travelers, many of whom are daunted by the idea of going on the road and being able to locate and/or prepare the kind of nutritious animal-free meals they enjoy at home. The new book includes 150 recipes, many of them new, and others that have been adapted from her earlier books. All of the recipes are easy to prepare with a minimum of ingredients and are guaranteed to deliver energy, nutrition, and great flavor. The rest of the book contains information and advice pertinent to vegan travelers, from how to deconstruct a restaurant menu to what food items are best suited to carry around in your luggage or handbag. There's even a section on How to Say I Am Vegan in numerous languages. The book is also designed with the traveler in mind: it is small enough to slip into ones pocket or purse, yet has a reinforced cover to ensure durability under the harshest conditions. Full of Sarah's high-energy wit and verve, Vegan a Go-Go! makes life for vegan travelers a lot less stressful and a lot more fun.

No more healthy food that tastes like sawdust; with these dishes, Sarah has managed to make vegan food fun, tasty, and sexy! What more could a hedonist like me ask for? Jane Wiedlin, The Go-Go's (Jane Wiedlin 2008-07-01) Vegans who are this much fun could make Ted Nugent into a convert. More Sarah for everyone!! Shoshana, The Monkey Bunch (Shoshana 2008-07-01) With Kramers latest book, Vegan a Go-Go, we connect with the punk princess of meatlessness once again. This new set of recipes, is collected into a mini-tome so tiny it's no bigger than a change purse. And for practical purpose, because as a survival manual for vegans on the road, it's designed to be easily tucked into a purse, suitcase, car glove compartment, or even a passport folder. We love the spunky graphic look to it. City Food (Vancouver) (City Food 2008-09-15) Sarah's food and travel manifesto, Vegan a Go-Go!, will surely bring devotees to their knees: Kramer's lovable personality, to-die-for recipes, and campy, retro-style photography ooze from the adorable pocket-sized book. VegNews (VegNews 2008-10-23) With an awesome 150 recipes, Vegan a Go-Go is meant to fit in the backpack of the herbivore on the road.... If you love to cook, this is definitely a book you'll want to check out! Shamelessmag.com (Shamelessmag.com 2008-10-29) This pocket-size cookbook is a useful resource whether your family is vegan or just looking for easy ways to eat healthy while you're away from home. It's

full of helpful travel tips and delicious veggie-packed recipes (like Pun-kin Pasta and Nutty Broccoli) you can prepare without much fuss in the kitchen where you're staying. Scholastic Parent Child (Scholastic Parent Child 2008-11-05)Kramer's book is a fun little book--about the size of a passport--sporting a retro look, snappy, fun writing, and lush-sounding recipes. Monday Magazine (Monday Magazine 2008-11-20)I got a little more than I expected when I opened Sarah Kramer's pocket-sized travel guide, Vegan a Go-Go. Sure, it has the usual Kramerish type recipes, but it also has a wealth of plain old reading material. I loved the stories of Kramer as a child traveling with theater parents. I also appreciated the tales of Sarah as a young adult just learning about the world and the troubles that ensued. And I found it interesting how both of these experiences shaped her later adventures. VegFamily (VegFamily 2008-12-11)Kramer shows off her glam-punk style throughout the book and takes an informal, heart-felt approach to her writing.... [Her] recipes are approachable and fun. The Kitchn.com (The Kitchn 2009-04-21)Snacks like Righteous Orbs and Chocolate Nut Energy Bars are the perfect pick-me-up for foodies traveling by train, plane, car or foot and on a budget. E: The Environmental Magazine (E: The Environmental Magazine 2009-05-02)This is much more than a traveller's cookbook; there are plenty of good travel tips that cover much more than food choices. North Shore News (North Vancouver, BC) (North Shore News 2009-12-14)About the AuthorSarah Kramer is the author or co-author of four previous bestselling cookbooks, How It All Vegan, The Garden of Vegan, La Dolce Vegan, and Vegan Go-Go! She lives in Victoria, BC with her husband, where she manages a tattoo shop in addition to creating vegan masterpieces.