



The Really Hungry Vegetarian Student Cookbook: How to Eat Well on a Budget

Ghillie Basan, Jordan Bourke, Jessica Bourke, Chloe Coker, Jane Montgomery

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You might think that dinner's taken care of if you have take-out pizza, but if you want to stay healthy at university, you'll need to widen your repertoire and learn to cook quick and easy, budget-friendly food. The Really Hungry Vegetarian Student Cookbook will come to the rescue with delicious, meat-free recipes for any occasion. The book is packed with nutritious vegan and vegetarian recipes, whether you need sustenance for late-night study sessions, are hosting the afterparty at your place or want to bake your new vegan best friend a birthday cake. Start your day the smart way with Boosting Breakfasts that will set you up to face the day - choose from blended smoothies and homemade granolas. Lunchbox Heros will keep you going through those long lectures and La Vita Bella is packed with nourishing pasta and vegetable dishes. Learn to make wholesome and satisfying comfort food in Veggie Mighty and for convenience look no further than Pot Luck for a tasty bean chilli, lentil curry or tofu stir-fry that can be whipped up and washed up in no time. For a special occasion, why not rustle up an impressive dish for your friends from Wow Chow and be the hostess with the mostest by serving up deliciously healthy snacks like kale chips and pepper popcorn from Food to Love. Finally, Let's Bake a Cake! has everything your sweet tooth could desire, but some pretty good ingredients too so that you get the nutrients you need every time you eat.



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