

THE LUSTY VEGAN

Let's face it, **DATING IS HARD ENOUGH**, so how do you deal when one person is a vegan and one is not? Thankfully, we now have an answer.

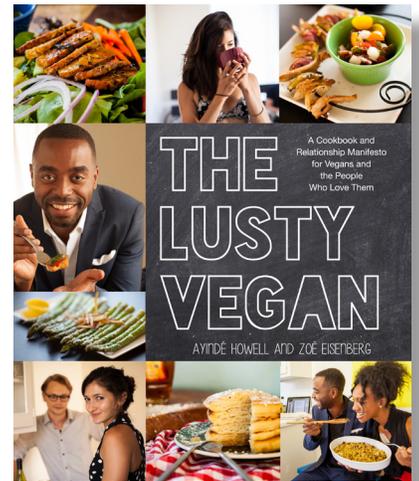
In **THE LUSTY VEGAN** (Vegan Heritage Press, \$21.95, October 2014), seductive food-gurus Ayindé Howell and Zoë Eisenberg offer wise advice and delicious recipes for inter-palate partnering.

"FOOD, LIKE LOVE AND SEX, IS IMPORTANT.
IT'S NOURISHING, IT'S UPLIFTING, IT'S EMOTIONAL,
AND--LIKE THE RELATIONSHIP STATUS OF DOOM--
IT'S COMPLICATED."

The tantalizing treats include:

- Cloud 9 Pancakes (flip this page for the recipe)
- Beer Battered Tempeh Tacos
- Cajun Tofu and Dirty Quinoa
- Cherry Cobbler and Cacao Nibs

From The Morning After to Cohabitation, **THE LUSTY VEGAN** provides irreverent humor, tasty dishes, and reports from the field that will **HAVE YOU COVERED** from the first date and beyond.



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AYINDÉ HOWELL is an executive chef who lives and works in Los Angeles. His recipes have been published in *The New York Times*, *Essence*, *VegNews Magazine*, and many others. He is the founder and publisher of the award-winning *iEatGrass.com*, and owner + executive chef of his critically acclaimed culinary-event company, Wildflower.

ZOË EISENBERG is a writer and editor who focuses on food, dating, and sex. A certified holistic health counselor with a degree in creative writing, Zoë has been published in a variety of print and online sources—from *Vegan Mainstream* to *XOJane.com*. She writes about living, loving, and eating on her blog, *SexyTofu.com*, and is the Managing Editor of *iEatGrass.com*.

**THE LUSTY VEGAN: A COOKBOOK AND RELATIONSHIP
MANIFESTO FOR VEGANS AND THOSE WHO LOVE THEM**

By Ayindé Howell and Zoë Eisenberg

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Cloud 9 Pancakes

Prep time: 5 minutes | Cook time: 10 minutes | Serves 2 to 4 | SFO

“Why do most vegan recipes have to be so complicated? I can’t get a simple stack of pancakes when I want them? I mean, is it so hard to make a breakfast staple without buckwheat and banana? Where is the baking powder? I mean I want to enjoy my breakfast too! I have needs!” At this point in my rant, I would be standing and—according to Ginger—shouting. I don’t think I was shouting, just firmly stating my opinion that it’s hard to find a simple, traditional, fluffy vegan pancake recipe out there that doesn’t taste...you know...“healthy.” So I made my own. This is the best vegan pancake recipe you will ever make. You deserve it. To make this soy free, use soy-free Earth Balance.

1½ cups all-purpose flour
2 tablespoon cornstarch
¼ teaspoon sea salt
1½ tablespoons baking powder
1 tablespoon sugar
1 cup almond milk
Egg replacement mixture (see below)
3 tablespoons vegan butter, melted
2 teaspoons vanilla extract
Maple syrup, for topping



1. In a medium bowl, mix all the dry ingredients together. In a small bowl, make the egg replacer and combine all the wet ingredients except the butter. Using a whisk, combine the wet and dry ingredients and mix gently until combined. You want some lumps. Gently fold in your melted butter and mix. Make sure the batter is still lumpy and thick.

2. Heat a griddle or skillet over medium-high heat and coat lightly with oil. A spray-on oil works best to avoid over-oiling. Use a dry measuring cup to pour ¼ cup of batter in a circle. Cook until the surface of the pancake has small bubbles all around, 3 to 5 minutes, then flip. Ideally, you should only have to flip once.

3. On your serving plate, stack the pancakes high to seem impressive, or as Darth Vader would say, “most impressive.” Top with butter and maple syrup and voilà! Pancake ninja.

How to Make a Vegan Egg Replacer

3 tablespoons water
1 tablespoon Ener-G Egg Replacer

Pour the water into a small pot and bring it to a slow simmer. Slowly add the egg replacer and whisk vigorously for 1 to 2 minutes, then remove from the heat and set aside for about 1 minute. The consistency should be thick and gelatinous. One batch equals one egg. If the recipe calls for 2 eggs, then double it, and so on. It’s ok to add a bit more water if it gets too gummy.