



Nourishing compassion for our bodies, the earth and all beings.

Plant-Powered Earth Holder Members' Favorite Resources For Cooking

PLANT-BASED COOKBOOKS

May All Be Fed: A Diet for a New World, John Robbins and Gia Patton. This classic book from 1992 is still highly relevant and is Marge's go-to cookbook for the easiest and most satisfying, basic, plant-based recipes. While the research supporting a plant-based diet isn't the latest, it still provides an excellent case for this type of eating. It also has a great section on how to stock a plant-based pantry.

Vegan Planet, Robin Robertson. Lots of good, basic, how-to information on such things as cooking rice, beans, stock, and so on, along with lots of tips about nutrients and ingredients, and hundreds of excellent recipes.

Raw Food Made Easy, Jennifer Cornbleet. I especially like the desserts, which need no cooking and are fruit-sweetened.

Gluten-free and Vegan Bread, Jennifer Katzinger. Excellent gluten-free breads made without eggs or dairy.

The Cancer Survivor's Guide – see above description under books

Forks Over Knives – The Cookbook: Over 300 Recipes for Plant-Based Eating All Through the Year, Del Sroufe and Isa Chandra Moskowitz. This cookbook covers all types of foods, from breakfasts to dessert to sauces to snacks, and shares delicious, easy to prepare foods. There are comfort foods, international foods, wraps, and almost any type of food you might want to make.

The Homemade Vegan Pantry: The Art of Making Your Own Staples, Miyoko Schinner. This great book tells you how to make all those staples (cheese, sour cream, creamer, etc....) that you love and think you need—fully plant-based. Laura is evangelical about this book!

Pure and Beautiful Vegan Cooking: Recipes Inspired by Rural Life in Alaska, Kathleen Henry. Inspiring, because if you can be plant-based in Alaska you can do it pretty much anywhere. The French Toast will change your life!

Vegan Soul Kitchen, Bryant Terry. This is a great demonstration of cultural veganism.

30 Minute Vegan's Tastes of the East- Asian Inspired Recipes, Mark Reinfeld and Jennifer Murray.

The Vegan Slow Cooker and ***Vegan Slow Cooking for Two or Just for You***, Kathy Hester. Easy recipes that fit into a busy life. Many recipes show what to prepare the night before so you can easily start your slow cooker in the morning and come home to a healthy dinner.

Vegan Casseroles, Julie Hasson. If your family is worried that plant-based means only salads, explore these recipes for pasta bakes, gratins, pot pies, and more. It's comfort food with a modern twist.

WEBSITES

The good news is that, more and more, there are amazing websites and blogs with recipes.

Joy of Mindful Cooking, <http://mindfulcooking.org> - The wonderful plant-based website of our practice community. Run by a group of friends centered around Portland, Oregon, it extends wherever email will reach. We share an interest in eating with the Earth in mind and have an ongoing email conversation about our favorite recipes and food ideas. We gather for potlucks occasionally to tell our food stories, talk about food issues, show & tell our favorite cookbooks and kitchen gadgets, and share the joy of good food together. Our website is a place to store our ever-growing recipe collection, making it easier to browse through the possibilities and find an idea right when we need it.

Vegans Eat What? <http://www.veganseatwhat.com> - This project was started by members of our Mindful Cooking group in Colorado and is a "sister" to Joy of Mindful Cooking. It's a very colorful website with lots of recipes, cookbook reviews, how-to kitchen information, and even things to sell.

Cook for Good <http://www.cookforgood.com> - Run by a member of the Plant-powered Earth Holder Team, Cook for Good helps people cook delicious, seasonal, plant-based food from scratch even on a tight budget. You'll also find food news, tips, and a free newsletter that help you cook like it matters for yourself, your family, your community, and the planet.

NutritionMD, <http://www.nutritionmd.org> - Provides 3 areas of information, "Make Over Your Diet", "Information for Health Care Providers", and "Health Information for Consumers". The "Make Over Your Diet" is most helpful for getting practical guidance on choosing healthy, plant-based food; designing breakfasts, lunches and dinners; and selecting recipes and having meal planning guidance. The other sections describe common health problems and the link between diet and these challenges.

The Buddhist Chef <http://www.thebuddhistchef.com/> - This chef is a classically trained chef and his website has amazing plant-based recipes and ranks them on culinary ability. Thankfully, mostly they are for beginners!

Oh She Glows <http://ohsheglows.com/about/> - Yes, it is an unusual name. But the recipes are wonderful!

AN EASY WAY TO GET STARTED

Try the 21-day Vegan Kickstart Program. It's free and will help you along your plant-based path. <http://www.pcrm.org/kickstartHome> - This online program designed by Dr. Neal Barnard and PCRM (Physicians Committee for Responsible Medicine). The program runs from the 1st to the 21st of each month.

You'll receive:

- The 21-Day Meal Plan:** Delicious and easy recipes with step-by-step photos to guide you through the process.

- Daily Messages:** Advice from nutrition experts delivered to your inbox.

- Coach Tips:** Celebrities, healthcare professionals, and athletes provide diet and lifestyle tips.

This program is designed for anyone wanting to explore the health benefits, power, and compassion of a whole-food plant-based diet.

See also: **Plant Powered Earth Holder Resource Recommendations**

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