

COOK, EAT, THRIVE

Vegan Recipes from Everyday to Exotic

Joy Tienzo

In *Cook, Eat, Thrive*, Joy Tienzo encourages you to savor the cooking process while crafting distinctive meals from fresh, flavorful ingredients. Enjoy comfortable favorites. Broaden your culinary horizons with internationally-inspired dishes. Share with friends and family, and create cuisine that allows people, animals, and the environment to fully thrive.

Cook, Eat, Thrive features dishes from both the everyday and the exotic, including:

- Buttermilk Biscuits with Southern Style Gravy
- Earl Grey Carrot Muffins
- Orange Cream Green Smoothie
- Palm Heart Ceviche
- Barbecue Ranch Salad
- Raspberry Chèvre Salad with Champagne Vinaigrette
- Samosa Soup
- Tarte aux Poireaux et Pommes de Terre
- Italian Cornmeal Cake with Roasted Apricots and Coriander Crème Anglaise
- Lavender Rice Pudding Brulee with Blueberries
- Peanut Butter Shortbread with Concord Grape Sorbet

Inside, you'll also find: an extensive equipment and ingredients listing; basics like seitan, non-dairy milks, grains, frozen desserts, and salad dressing; menus for occasions, from Caribbean-inspired garden parties to vegan weddings; practical symbols to let you know if recipes are raw, low fat, soy-free, wheat-free, approachable for non-vegans, and quick fix.

ABOUT THE AUTHOR

Joy Tienzo loves food, and writing about food. Whether working as a pastry cook, hosting community brunches, or crafting wedding cakes, her purpose in life is to feed as many people as well as possible. When not in the kitchen, Joy can be found on a plane, a yoga mat, or volunteering for refugee and human rights causes. She lives in Denver with her husband and daughter, and can be found online at www.cookeatthrive.com.

ACCOLADES

"*Cook, Eat, Thrive* gives vegans the option of choosing exotic and extraordinary recipes for special dinner preparations, or simpler, yet imaginative creations for day to day meal planning. Whether you're looking for everyday vegan fare, or exquisite vegan dining, Tienzo serves it up with culinary flair!"—Dreena Burton, author of *Eat, Drink, & Be Vegan*



Tofu Hound Press, edited by Bob and Jenna Torres, publishes innovative books on veganism and animal rights.



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