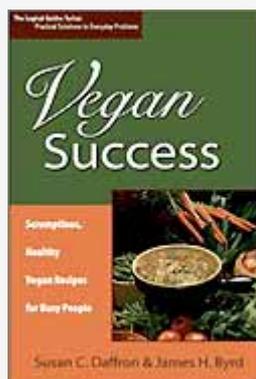


# A New Cookbook for Vegans by Vegans Serves Up Dinner Ideas

SANDPOINT, Idaho – Nov. 29 (SEND2PRESS NEWSWIRE) – Vegans may not have many options when it comes to convenience foods or dining out, but a new cookbook released by Logical Expressions, Inc. can help get dinner on the table quickly – “Vegan Success: Scrumptious, Healthy Vegan Recipes for Busy People” (ISBN: 978-0-9749245-1-9; LCCN-2006907834).



Send2Press Newswire Because vegans do not eat the standard American diet, most packaged convenience food and many restaurants are off-limits to them. One reason people avoid switching to a vegan diet is because they do not want to cook.

Unlike many vegetarian and vegan cookbooks, “Vegan Success” focuses on easy recipes anyone can make; it takes the drudgery out of vegan cooking. There are no fancy techniques or complex instructions. Most of the recipes can be created in about 30 minutes or left unattended during the cooking process, so the chef can enjoy more time with family and friends.

Tasty recipes include: mustard roasted potatoes with herbs; quick vegan stuffing; spicy white bean salad; creamy tomato and potato soup; tempeh stroganoff; chicken-fried tofu cutlets; and berry cobbler.

The authors, James Byrd and Susan Daffron have been vegan since 1994. “Vegan Success” is the result of many years of cooking on a trial and error basis.

In addition to the recipes, the book includes a glossary of ingredients that are often used in vegan cooking. Although the ingredients are not generally difficult to find, they may be unfamiliar, especially to new vegans.

“Vegan Success” also includes a suggested shopping list of vegan products that passed the authors’ taste tests.

“After we became vegan and people discovered all the things we did not eat,” Daffron said, “they wondered what we did eat. Interestingly, people who have visited our house are always amazed at how tasty our food is. Because we are self-employed, we work long hours, so we have figured out quite a few ways to eat well without spending hours in the kitchen.”

"Vegan Success" is \$19.95 and available on Amazon.com or directly from the publisher at: [www.VeganSuccess.com](http://www.VeganSuccess.com). The site has cooking tips, recipes, and a tongue-in-cheek book trailer called "Vegans Go Hunting."

For more information about other products, visit: [www.logicaexpressions.com](http://www.logicaexpressions.com).

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