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The Vegan Divas Cookbook: Delicious Desserts, Plates, And Treats From The Famed New York City Bakery



Synopsis

The Vegan Divas Cookbook is a beautiful, elegant, and delicious cookbook full of healthy, cruelty-free fare from Fernanda Capobianco, owner of the Vegan Divas Bakery in New York City. Fernanda began her confectionary career as a manager and owner of the Payard Restaurant and Pastry shops in Rio de Janeiro. In The Vegan Divas Cookbook she makes vegan cooking easy and accessible, with more than 75 recipes for sweet and savory dishes without butter, eggs, or refined sugars and flour, accompanied by dozens of color photographs. Unlike many vegan cookbooks that rely heavily on grains and nuts, her fresh and wholesome recipes offer all the benefits of a plant-based diet, plus a light and healthy dose of flavor. In The Vegan Divas Cookbook, Fernanda guides you step-by-step through the basics of plant-based cooking and baking, offering tips for stocking a healthier pantry and easy swaps to replace animal-based oils and fats for healthier, lighter dishes. Discover the secrets to her coveted low-cal desserts, including remakes of familiar classics like Chocolate Chip Cookies and show-stopping treats like Lime-Raspberry Cheesecake Pie. Go guilt-free with savory lunches like Spiced Red Lentil and Coconut Milk Soup, and stay low-fat and full-fiber with hearty loaf breads (some gluten-free) such as Jalapeno Corn Bread.

Book Information

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Customer Reviews

Featured Recipes from The Vegan Divas Cookbook [Download the recipe for Pissaladiere with Vegetables and Olives](#) [Download the recipe for Pumpkin Scones](#)

“Fernanda is living proof that eating vegan is sustainable and delicious! She undertook a big challenge by replacing unhealthy ingredients with creative and tasty substitutes. She succeeds where many others have fallen short. I will choose Fernanda’s delectable desserts any day!” (Jacques Torres, Master Pastry Chef, Owner of Jacques Torres Chocolate, Dean of Pastry Arts at the International Culinary Center) “It’s not often that we can find a vegan cookbook with a sense of style, taste, and fun! The Vegan Divas Cookbook brings a refreshing and original approach to this style of cooking.” (Daniel Boulud, James Beard Award-winning Chef and Owner of DANIEL and The Dinex Group Restaurants) “The Vegan Divas Cookbook is filled with delicious recipes and great tips on healthy eating. Fernanda shows us that cooking and baking vegan is much easier than one might think. She will leave you eager to try her recipes!” (Eric Ripert, Chef and Co-Owner of Le Bernardin) “Get ready to have your taste buds blown away because these delicious goodies are to die for! (Oh, and no animal stuff in any of them... hoorah!)” (Kathy Freston, Author of The Veganist and The Lean) “Fernanda’s playful approach allows home cooks to create vegan dishes that are delicious and decadent. Vegan Divas is a creative cookbook that everyone should have on their bookshelf.” (Laurent Tourondel, Executive Chef and Owner, BLT restaurants; author of the James Beard Award-nominated Bistro Laurent Tourondel: New American Bistro)

I work on the Upper East Side of Manhattan and I love the Vegan Divas cafe. Her sweets are delicious without hurting my conscience or my waistline! I particularly love their cheesecakes, brownies, and carrot cake. So, when I saw this cookbook, I just had to buy it. I enjoy baking, and want to get her goodies without spending \$55 for a cake! The pictures in the book are gorgeous, and she has an upfront section explaining any odd/vegany ingredients she uses. Most of the ingredients are commonly found and "make sense". Her recipes are full of healthful ingredients that save on calories while still having the decadence of real sugar and some real fat. The only reason I gave this four stars instead of five is that it doesn't have any nutrition info for the goodies, so you have to figure it out for yourself if you're calorie counting.

I am having a lot of fun making the recipes from Fernanda. Very easy recipes!!! :)

One of the best books of my collection, everything turned out great!

Excellent cookbook! It could have more photos.

Great no problems

brought this book as a gift and those I brought it for really liked it and used it right at once

I started to use a recipe from this book and after looking through it and decided what would be yummy. There were a few ingredients I've never heard of before and there is no where that I know of to buy them. So we have not used the book yet.

I love my cookbooks (Adria's Family Meal, Ottolenghi's Jerusalem, lately) and I love my vegan cookbooks (Rawvolution, Thrive, Post Punk Kitchen) so much that I'm still working through them, and I get a lot of recipes online these days....so it's rare when I find another book I want in my collection. After visiting the Vegan Divas NYC cafe I got the book and couldn't be happier. It's a collection of recipes that are doable for the home cook, that don't use any processed foods, and that have a homey quality to them. After reading about Chef Fernanda's story, the dishes are kind of like if your mom was a born in Brazil, owned a French patisserie, and then became a vegan cook! I was happy to find a lot of savories too, the Spiced Lentil and Coconut Milk soup is rich and refined and warming and light all at the same time. It's going on the weekly Fall/Winter supper menu. And the roasted Kabocha pumpkin with peanut sauce went GREAT with my roast chicken (for carnivores the chicken recipe is Jamie Oliver's Perfect Roast Chicken with fresh ginger instead of thyme/rosemary). The savories have a global, refined quality, my favorite kind of vegan food...naturally vegan, using techniques and ingredients from cuisines that have culturally vegan aspects to start with. I haven't tried the baked desserts yet - I hope I can replicate the carrot cake and chocolate cake from the Vegan Divas cafe! It will save me a fortune in mail order when I have a houseful this holiday! PS The shopping list for a vegan pantry is thorough and really useful, as not having ingredients on hand is my #1 reason not to try a new recipe.

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