



# Veganish: The Omnivore's Guide to Plant-Based Cooking

*Mielle Chénier-Cowan Rose*

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## **Veganish: The Omnivore's Guide to Plant-Based Cooking** Mielle Chénier-Cowan Rose

Tens of thousands of people have put down their knives in favor of a vegan or vegetarian diet for weight loss or to control blood pressure and cholesterol. Many people got exactly what they were looking for, along with a few surprises, such as loss of bone density and dental issues. Mielle Chenier-Cowan Rose has experienced much the same in her journey as a vegan chef raising her child vegan. This utterly unique “vegan +” cookbook offers over 100 easy-to-make vegan recipes and many basic methods and cooking techniques, as well as advanced options. A trained chef and nutritionist, chef Mielle also offers sage advice about food and nutrition, along with her personal story about transitioning from a 20-year long vegetarian diet to eating some animal-based foods. Rose has dedicated herself to making sure vegan and vegetarian folks are aware of vital and important information about the vegan diet, including the nutritional elements that are essential to good health, especially for families and children. *Veganish* is necessary reading for anybody considering this lifestyle and a must-have for veggie families with children.

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