



**By Kathy Hester - The Great Vegan Bean Book:
More than 100 Delicious Plant-Based Dishes
Packed with the Kindest Protein in Town! -
Includes Soy-Free and Gluten-Free Recipes!
(5.2.2013)**

Kathy Hester

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"Beans! Beans! Beans! Never have there been so many delicious recipes for these simple little nuggets of goodness compiled into one, beautifully photographed, cookbook. An absolute must for everyone's bookshelf."--Joni Marie Newman, co-author of "The Complete Guide to Vegan Food Substitutions" "The Great Vegan Bean Book is a masterpiece! Kathy Hester takes beans beyond the boundaries of your imagination and into the land of sweet decadence and savory delights that will make you fall head over heels in love with beans." --Alicia C. Simpson, author of "Quick and Easy Low-Cal Vegan Comfort Food" "Get ready to fall in love with beans! Kathy Hester's recipes are fresh, creative, and deceptively simple, and she helpfully provides gluten-free, soy-free, and oil-free options--cool beans, indeed!"--Susan Voisin, FatFreeVegan.com "If you were doubting the beloved legume's superpowers, let Kathy Hester's brand new book show you that there's just nothing they can't do for you: breakfast, lunch, dinner, and even dessert. All irresistibly magical, all the time."--Celine Steen, co-author of "Vegan Sandwiches Save the Day" "The Great Vegan Bean Book is a must-have book for any plant-powered kitchen. If you are looking to add more fiber- and protein-packed meals to your plate--simply and deliciously--this book is for you!"--Lauri Boone, R.D., author of "Powerful Plant-Based Superfoods" "If you're in a bean-cooking rut, then you need this book. Kathy's bean-tastic recipes range from exquisite traditional soups and chilies to inventive creations that extend the boundaries of bean-based cooking (Lemon Coconut Chickpea Muffins, anyone?)." --Dynise Balcavage, author of "Pies and Tarts with Heart" "Beans -- in all their humble, uncontroversial glory -- finally get the respect they're due in Kathy Hester's completely nourishing and utterly gorgeous recipes."--Nava Atlas, author of "Vegan Holiday Kitchen" "Whether you're a card-carrying bean-lover or simply want to add

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