



Vegan On A Shoestring

People'S POTATO PROJECT COLLECTIVE

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The People's Potato are a Canadian Food Not Bombs type project, started in a church to feed the hungry masses. They're political, for sure. And they lay out some of that food politics in this cookbook. Plus the essentials of stocking a vegan kitchen, and different ways to cook. They can also cook! Boy can they cook. 'Free' food doesn't have to be tasteless. And it can be nutritious, and vegan. Here's how. With recipes for breakfasts; sprouts, salads & dressings; sauces & dips; soups; entrees; snacks; teas and hot drinks; desserts; and meals for 300! Handily ringbound for ease of use. What a treat!

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