

Transformations: Vegan Recipes You Can Live By

Introduction

This recipe book is all about being a vegan vegetarian, almost 100%. There are a few ingredients that I haven't been able to find vegan substitutes for. It is, however, with the exception of Traditional and Transitional recipes, definitely totally meat free. No tortured animals found here.

I must apologize to a couple of my sources that I included recipes from, extensively. One was the Reboot with Joe website, <http://www.rebootwithJoe.com/>. A major number of recipes were taken from this site and not properly credited, though I have since gone back and added as many credits for recipes that I could find a match for. Too, for any new recipes added I'm now making sure that I don't repeat this mistake. To be sure, I'm just not smart enough to come up with the hundreds of amazing recipes in this book all by myself.

The other source is Cherie Calbom's book "The Juice Lady's Turbo Diet." It's a fantastic book. MANY of the juice recipes are from her book. I've revisited her book and endeavor to properly credit her recipes. I was so inspired by her book that I actually created an entirely new database honoring her called "Cheriesrecipes.dbf".

And there are many other sources that have been neglected going back to my ongoing research over the years. To be sure, when I started collecting recipes I did so only for myself. I never really considered the possibility that my collection would merit being turned into a book. Again, as I review sources from time to time I'm going back and adding sources as they are rediscovered.

One major source, and these recipes ARE properly credited, is "The Big Book of Juices" by Natalie Savona. This is a fantastic book of only juices and is incredibly comprehensive. My advise: get her book, as well as Cherie Colbom's book ... and visit <http://www.rebootwithJoe.com/>, which is an amazing resource—and a site that is constantly being updated.

I've also included numerous recipes from Joe Cross' book, "Juice It to Lose It: Lose Weight and Feel Great in Just 5 Days". Of course it will take a little longer than 5 days. In fact, it takes a lot longer ... as in a lifetime.

And it is a lifestyle issue. More than anything else, this recipe book is about living healthy and of not consuming a standard American diet—which will kill you slowly and unpleasantly. I had a mother with Alzheimer's disease, among other degenerative issues, to prove just how lethal a standard American diet really is. Sadly, the degenerative conditions won out on March 7, 2017.

Too, this is also a work in progress. Recipes, while well thought out, are only partially actually tested. You can easily tell a tested recipe by the paragraph symbol next to the title (§). There are so many good recipes that it would be unfair to my potential readers to only include those I've actually tried—and I do keep trying them. I do keep adding them too, but now, when I add one, I make sure that it is properly credited, of course.

Whether the source is or is not included, keep in mind that I freely make changes to fit into my own editorial style and to add my own variations when these recipes are tried.

Still, it's not like I'm selling this book. My only goal is to make these recipes available to anyone so interested.

This recipe book is broken down into main sections, categories, each briefly described below.

Section

Fruit and Vegetable Juices

Description

Before I begin this section, I need to point out that there is a thin line between vegetable juices and fruit juices—and it's a line that isn't always obvious. Originally I tried maintaining two sections relative to if it were vegetable or fruit dominant. It became an impossible process and so I merged the previous juices under "Fruit Juices" with "Vegetable Juices". This is by far the largest section in this book. Juicing is THAT important.

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Section

Description

Smoothies

While it's not absolutely true, think of a smoothie as a thick fruit drink. Generally speaking they are made with frozen bananas or with frozen fruit. The consideration is that the juice is finished in the blender and is generally fairly thick. As a general consideration, when almond milk is specified fruit juice, typically apple or orange juice, can also be used.

Beverages

Beverages are a unique group of juices that don't otherwise fall into the vegetable or fruit juice category and are definitely not smoothies. It's not a big list but it does provide some interesting options.

Breakfast Entrées

Breakfast entries are definitely not your run of the mill bacon and eggs or biscuits and gravy. These entries actually happen to be good for you and full of natural goodness. Of more traditional options, there are numerous cookbooks for these, and they aren't just good for breakfast, too.

Appetizers

This is, admittedly, a pretty small section. There aren't a lot of viable choices. I suppose you could include a vegetable tray here but entrées such as cheese and crackers and onion dip ... they don't really qualify. I'm sure this section will be expanded as I go through my recipe books again.

Breads

Breads are a tough entry to deal with. At the very least most breads require the use of flour which means gluten, which some people are reactive to. The recipes included in this section have been screened to minimize foods that are less than ideal. Certainly, however, everything included is within the realm of vegetarian.

Vegetable Salads

As with vegetable and fruit juices, for some of these recipes there is fruit included with the vegetables in these mostly vegetable salad. And there are a lot of vegetable salad recipes, a mainstay in a vegan diet. Obviously, juicing is the most important part of a vegan diet. I would say that salads are the second most important part.

Salsas

Salsas are mostly made with vegetables though some do contain fruit, mango for instance. Salsas are essentially toppings and dips but can often be served as a side dish just as you would a vegetable or fruit salad.

Fruit Salads

For the most part fruit salads are what the name implies: Salads made from fruits. They are mostly fruit entrées, and in some cases, side dishes. Too, many of these fruit salads can just as well be turned into fruit juice by processing the fruit through an electric juicer. In either case, these too are a mainstay of a vegan diet.

Salad Dressings

And what would a salad be without dressing. (Naked, of course.) Some of these recipes have already been referenced; some are unique to themselves. Mainly, they make a salad sing and, more importantly, are free of objectionable materials—like MSG and high fructose corn syrup. Admittedly, one or two have animal products. I just don't have a better solution at this point.

Vegetarian Soups

And, of course, logically soup follows salad. Or is it that salad follows soup? Anyway, these are all vegan-based soups with maybe a questionable ingredient or two. Not many though and definitely no meat. These are a great choice for the cold months of winter.

Vegetarian Main Course

As with vegetarian soups, in this section I've included vegetarian main courses. They are the center of the meal though, of course, these happen to be meat free. They are really quite delicious and anything but boring.

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Section	Description
Vegetarian Side Dishes	If you have vegetarian main dishes it logically follows that you'd have vegetarian side dishes. In this section, amenities to go with the vegetarian main dishes and, in some cases, entrées that could almost qualify as main dishes in an of themselves.
Desserts and Treats	And now we come to the best section in this book: Desserts and Treats. In practical terms these are all vegan vegetarian recipes, with perhaps minor issues. However, they still need to be treated as treats. Please don't make these the mainstay of your diet. To be sure, most of these recipes contain a lot of sugar and almost as much flour. Neither are ideal foods. Still, once and a while ... Too, being made from whole ingredients they are much better than anything you can get in the grocery store.
Marinated Entrées	Marinated entrées are actually all vegetarian side dishes that form a small important group. All marinated entrées require soaking for an extended period is some kind of pickling agent, most of which contain some kind of vinegar. These make for an interesting set of side dishes but are numerous enough that they merit their own separate section in this book.
Dips and Sauces	Admittedly not a big group but an important one, dips and sauces are one of the categories that are the 'glue' that holds other recipes together.
Ammenities	Ammenities are everything else including spice mixes and the very important recipe for Vegetable Soup Stock, which is called on extensively. Also included is a substitute for commercial dry onion soup mix and several spices related to Mexican cooking.
Traditional and Transitional Recipes	The path to becoming a vegetarian is not an easy one. To become a vegan vegetarian is even harder. Toward this end I opted to include what I call "Traditional and Transitional Recipes". They are foods typically associated with a standard American diet that have been made a little more healthy. They are actually some of my most tried and true recipes, most of which I've tried. They are not as healthy as vegan recipes but they are not horribly unhealthy either. Still, many of them include meat and therefore do not fit under one of the main vegan categories. Too, they tend to contain a significant amount of dairy though vegan substitutes have certainly been included were relevant. I've included these recipes realizing that the process to becoming a vegan vegetarian is a long one. Too, often times you have company, and family members, that may be as enthusiastic as are you about vegan options.
Tips and Techniques	Tips and Techniques are my personal and ongoing notes on the subjects indicated. Along the way I always like to pass along helpful hint and tips that I've learned along the way.
Benefits of Fruit and Vegetable Juices	Not a recipe section per say. Rather, it is a directory of fruit, vegetable and sprouts befits. Consider the a do it yourself section where produce with different properties can be combined for the health benefits indicated. It is based on the work of Dr. John Heinerman in his book "Heinerman's Encyclopedia of Healing Juices".

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