



THE VEGAN 8

*100 Simple, Delicious
Recipes Made With
8 Ingredients or Less*

✧ BRANDI DOMING ✧
Creator of The Vegan 8

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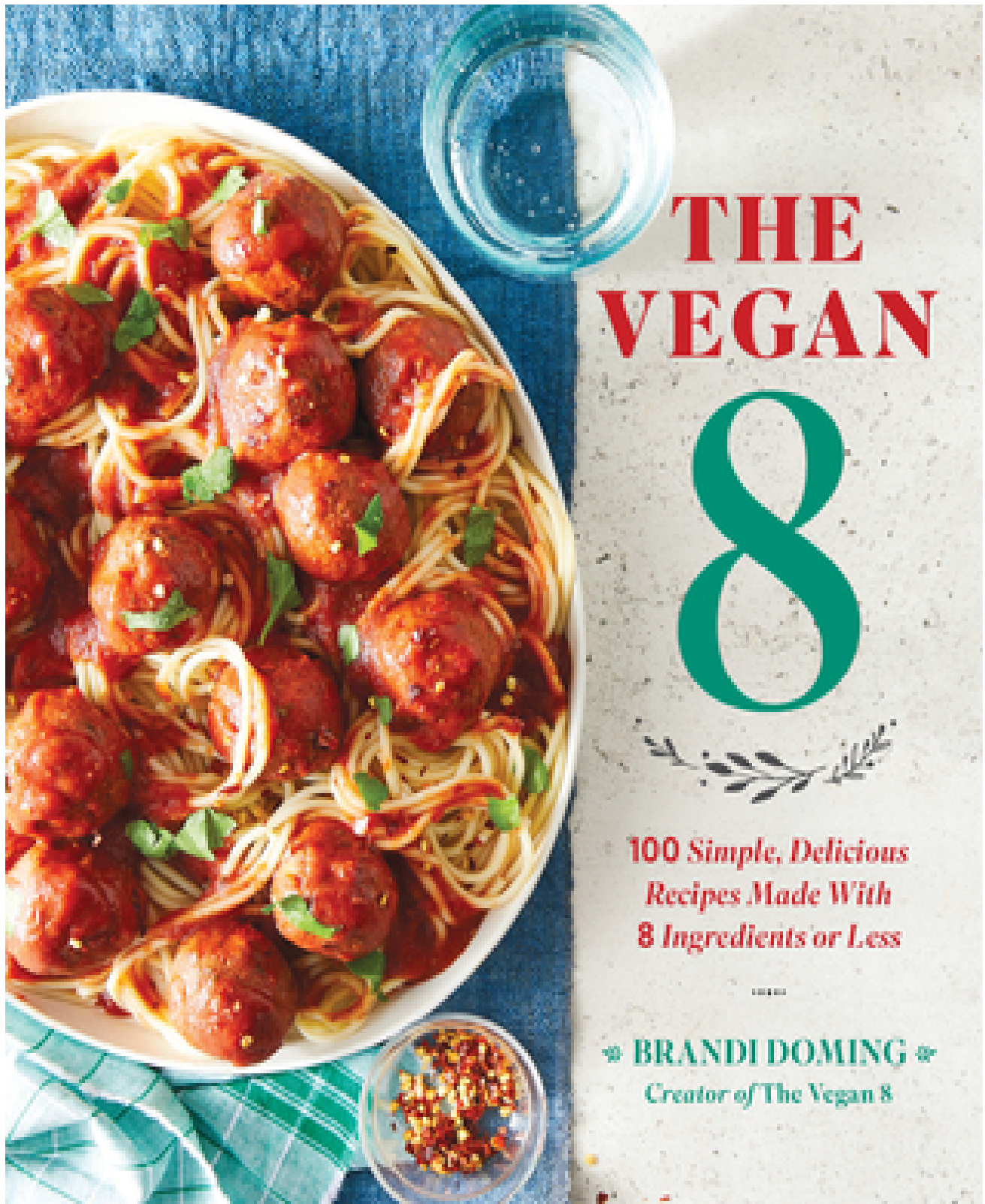
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Synopsis book

Five years ago, popular blogger Brandi Doming of The Vegan 8 became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Try Bakery-Style Blueberry Muffins, Fool Em Cream Cheese Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n Cheese, and No-Bake Chocolate Espresso Fudge Cake.

**The Vegan 8: 100 Simple, Delicious Recipes Made with 8
Ingredients or Less by Brandi Doming**



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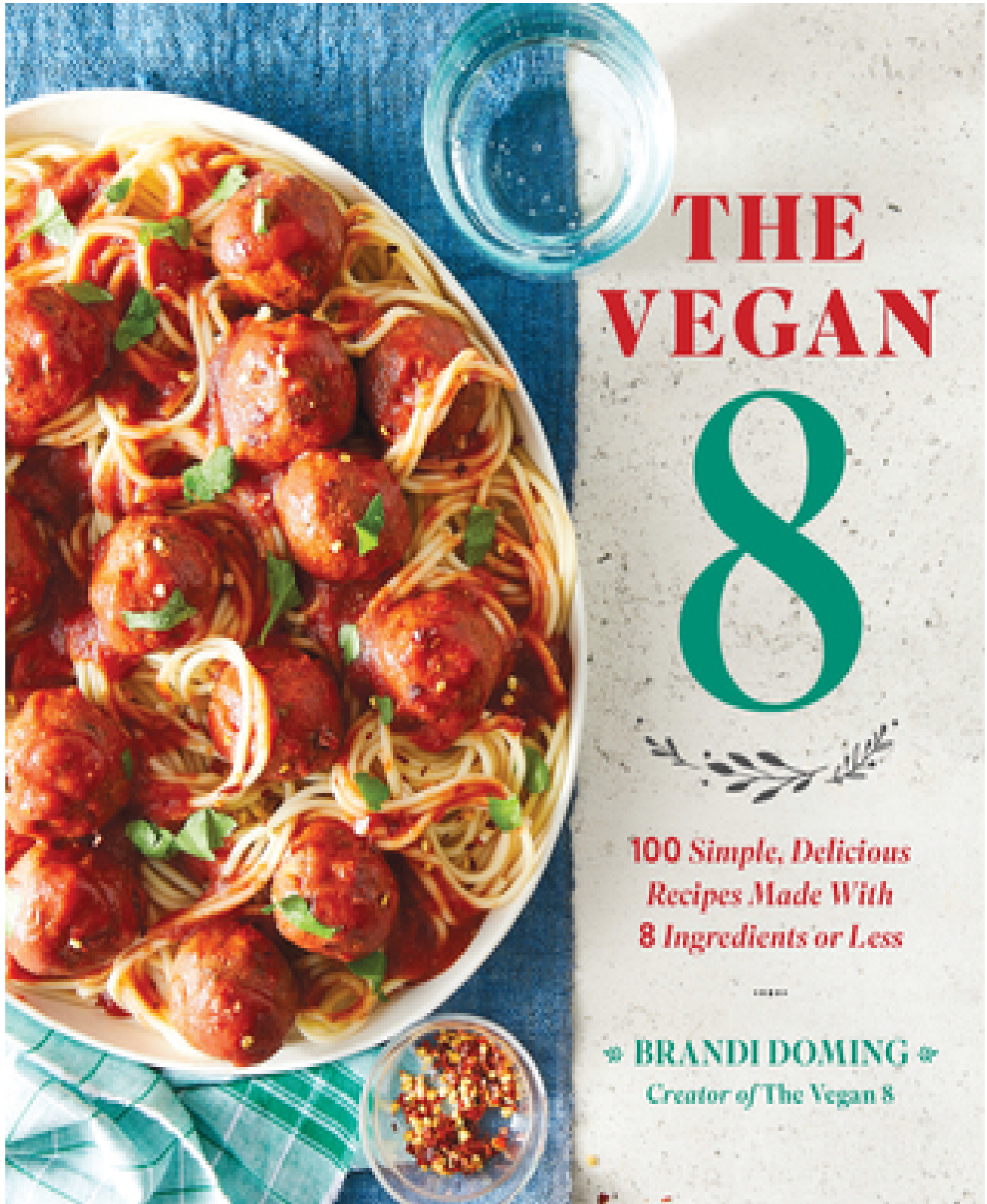
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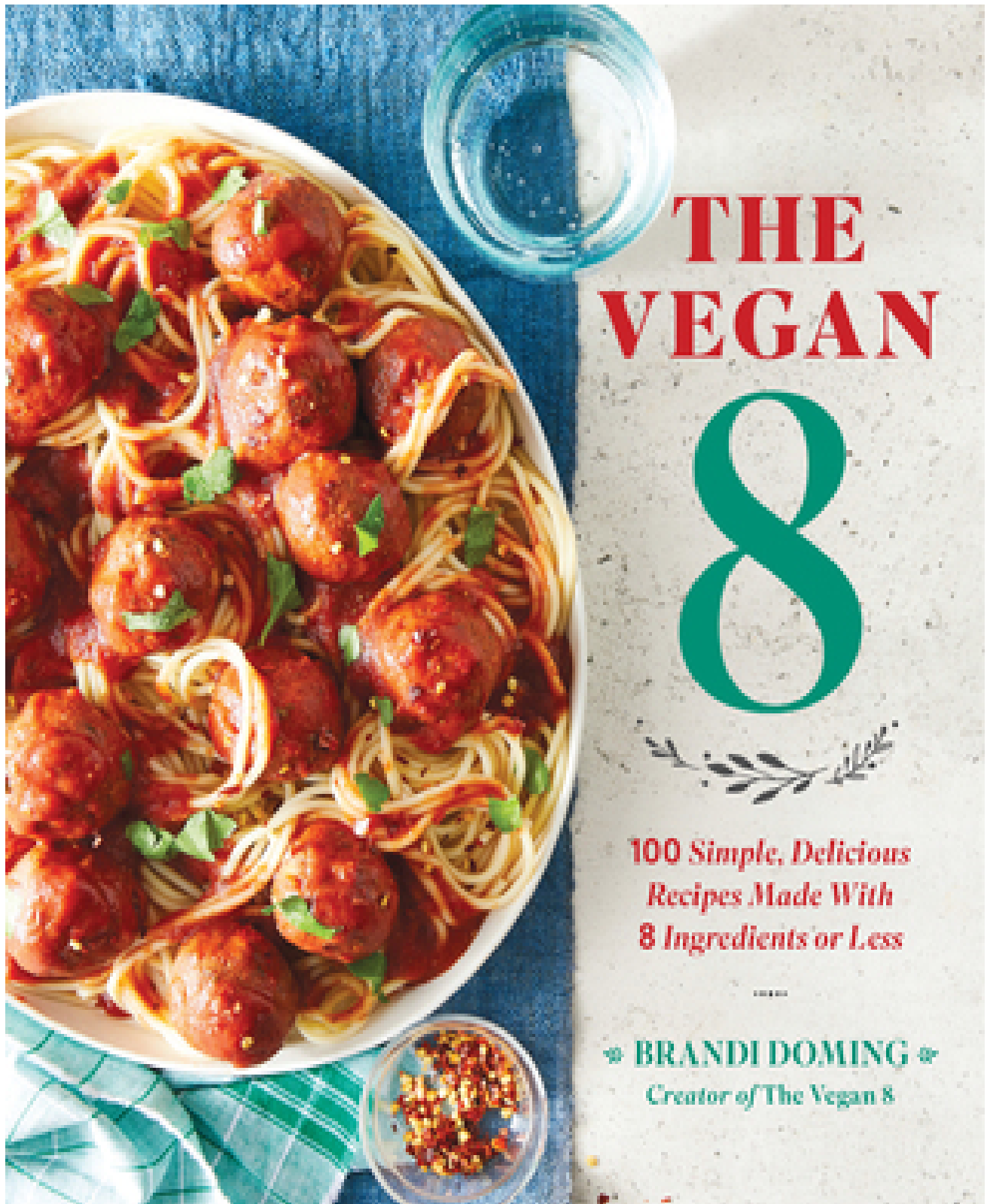
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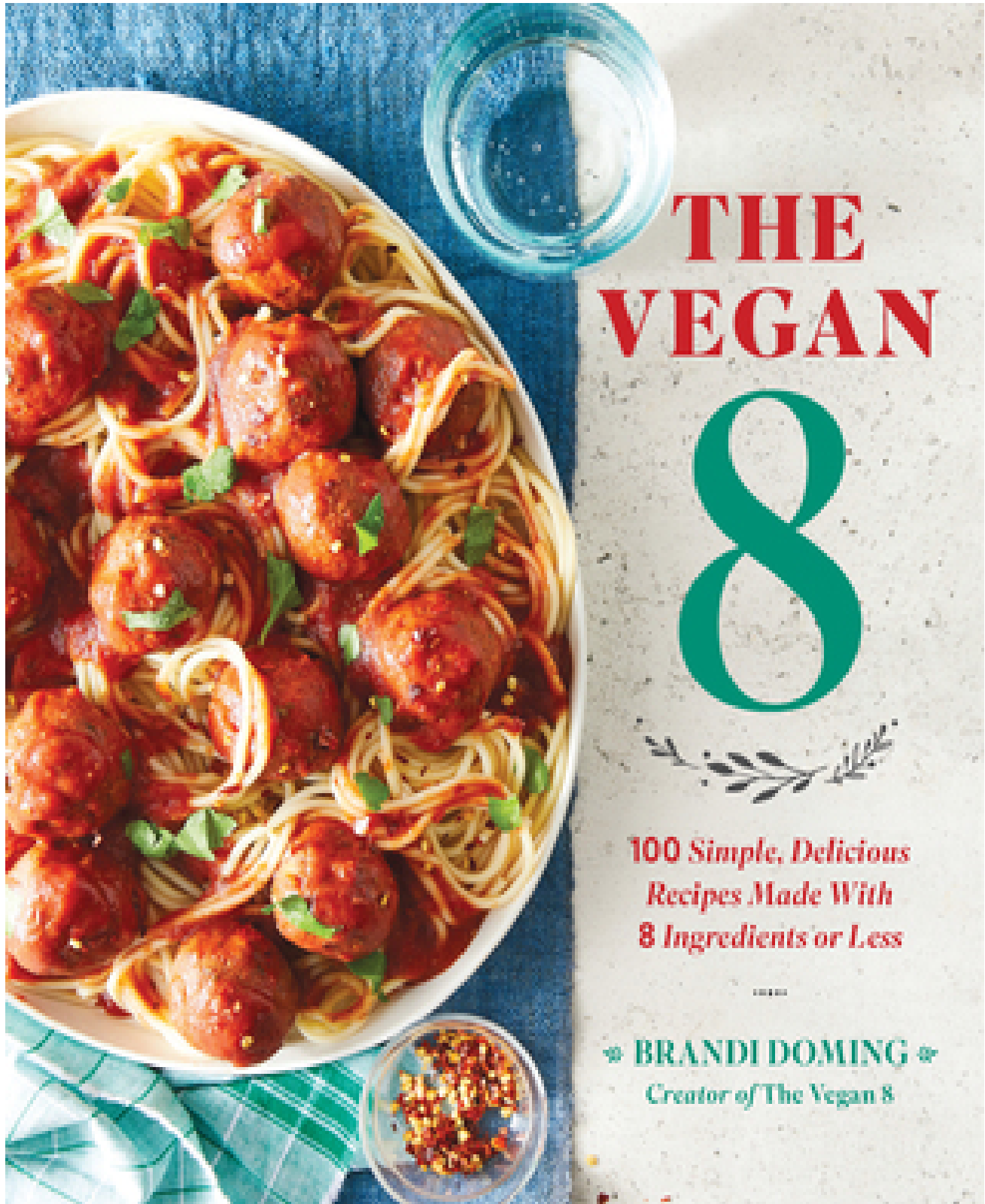
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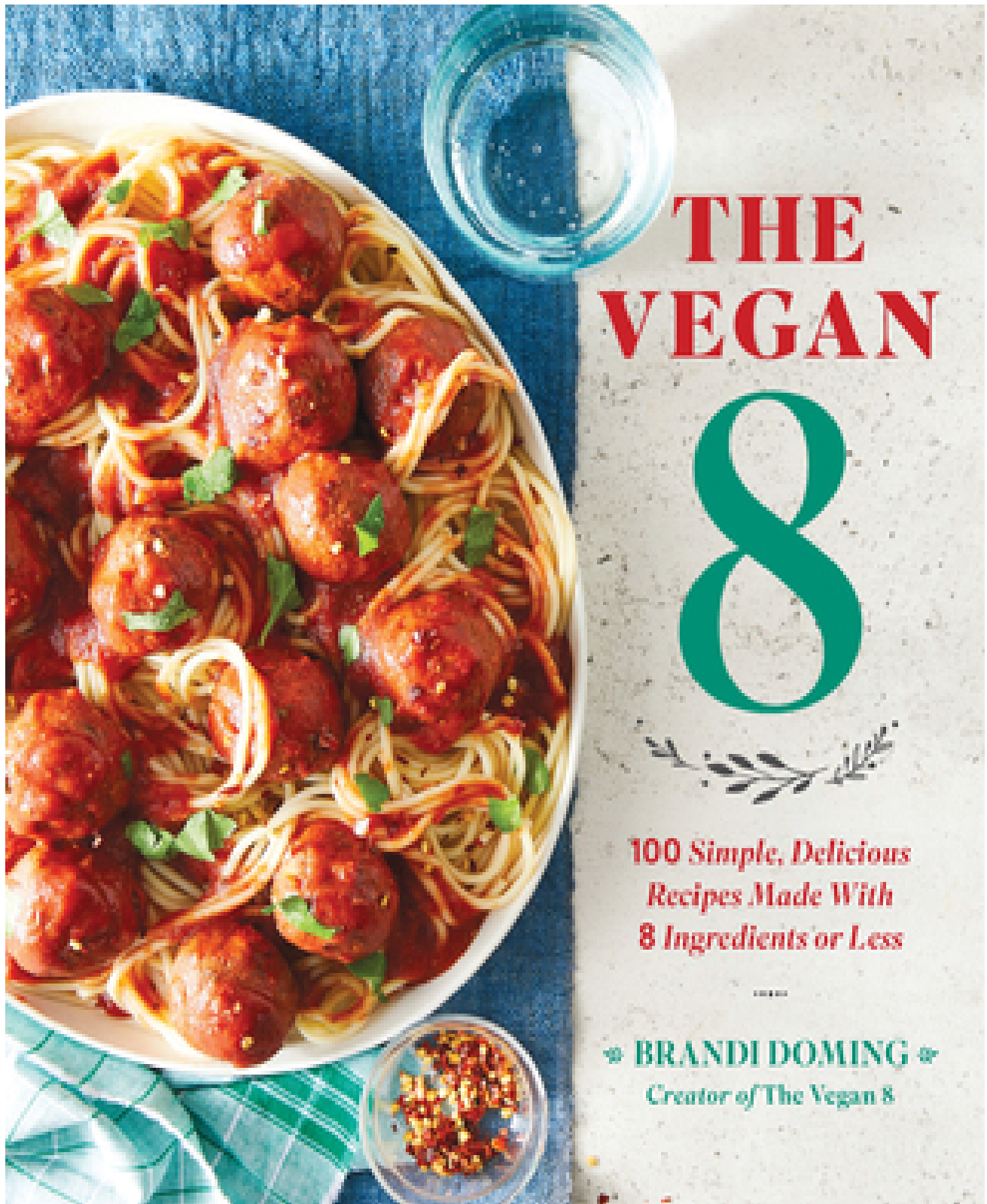
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