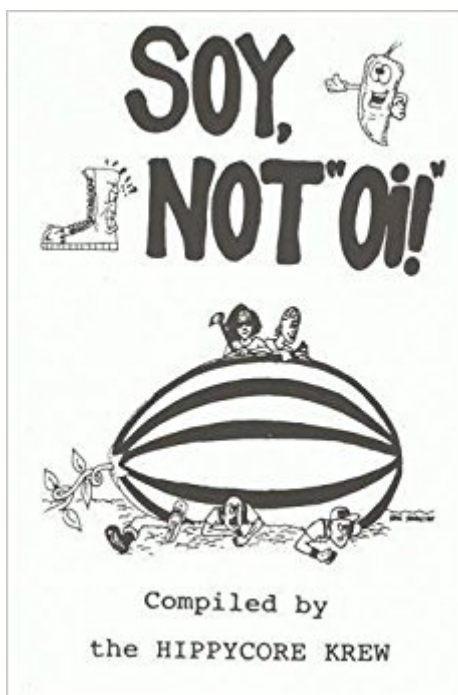


The book was found

Soy, Not Oi!



Synopsis

An authorized reprint of the classic vegan cookbook. Over 100 recipes designed to destroy the government, complete with musical notes to accompany the chef. A sure-fire winner for every revolutionary palate

Book Information

Paperback: 104 pages

Publisher: AK Press (November 15, 2005)

Language: English

ISBN-10: 1904859194

ISBN-13: 978-1904859192

Product Dimensions: 0.2 x 5.5 x 8.5 inches

Shipping Weight: 4.8 ounces

Average Customer Review: 4.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #703,015 in Books (See Top 100 in Books) #241 in Books > Arts & Photography > Music > Musical Genres > Punk #782 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

I like these little vegan cookzine type books and have a small collection of them. This was the most recent for me, even though it isn't a new book. Straight away I cooked the peanut butter cookies and they were pretty damn easy to make and delicious. I am sure I probably could have found a similar recipe on the web, but I guess I like having books and not needing a computer for everything I do. We have to try more recipes from the book, but so far they have been very good.

I got this for my teenage nephew at the recommendation of a friend. My nephew, although vegan, knew very little about cooking at all never mind cooking vegan and was relying heavily on prepared foods. He found this book very helpful.

This is some old school vegan s*** right here! I've owned several copies of this book over the years and I still use it. The cinnamon roll recipe is solid and still my go to!

An excellent introduction to veganism especially for punks :) it is an hilarious book with great hints and recipes. Was a joy to read a cookbook for once.

Overall this is a great vegan cookbook. However, what they say about vinegar and maple syrup is not true. What they say about sugar is partially true, but it is not true of all brands.

This cookbook contains the best cookie recipe in the world: Peanut Butter Chocolate Chip Cookies. I have made many peanut butter cookie recipes over the years, and this one is the best. There are other great recipes in the book, but the cookie recipe is worth the price of admission right there. However, this book is not for you if you are easily offended by bad language. I accidentally left my copy at my mother's house and it was returned with a wrinkled nose and, "Do they have to use the F-word ALL the time?"

To be honest, I don't believe I am part of the target audience for this book. There were some good recipes and quite a bit of humor, but I don't like to have so many offensive four letter words shoved in my face.

Awesome cook book and information on vegetarian/veganism with soul. This book is also great for those who have been vegheads for a while as well. The way they write it is light hearted and fun. I appreciate the the thought put into this booklet and I like how they compiled from many people and brought personality to it.

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