

Book Reviews

Baking Vegan Bread at Home by Shane Martin

Who doesn't love warm bread fresh from the oven? Shane Martin's cookbook offers a wide variety of vegan bread recipes you can make at home, starting with muffins, scones, and other breakfast breads. I'm thrilled to see recipes for Old-Style English Muffins and Jalapeño Cheddar Cornbread Muffins.



The next chapter includes biscuits, buns, and rolls, such as Sassy Sweet Potato Biscuits, Backyard Hamburger Buns, and Gluten-Free Dinner Rolls. The third chapter features loaves, including Rustic Homemade Rye Bread, Irish Soda Bread, Hometown Sourdough, and more. Rustic and European Bread options are a Simple French Baguette, Rustic Italian Bread, Swiss Braided Bread, and so many others.

Martin provides a chapter on Veggie, Nut, and Seed Breads, such as Morning Muesli Bread and Morning Glory Sunflower Seed Bread. His chapter on Fruit Breads and Sweet Loaves includes options like Island Coconut Pineapple Bread and Orange Cranberry Bread. Finally, Martin highlights the versatility of Flatbread with recipes for Garlic Herb Vegan Naan Bread, Rosemary Sesame Crackers, and Crunchy Breadsticks, etc.

Shane Martin is a food blogger and his artistry with photography shows throughout this book.

Baking Vegan Bread at Home (ISBN 978-0-7603-8624-8) is a 160-page hardcover book. It is published by The Harvard Common Press and retails for \$24.99. *Debra Wasserman/VJ Managing Editor*

It's All Y'all's Cookbook by Hannah Kaminsky

Hannah, senior editor of *Vegan Journal*, has been writing vegan cookbooks for a long time, and their latest work highlights the versatility of Texas-based, vegan protein producer All Y'all's Foods products such as vegan jerky and crunchy vegan bacon bits. Readers will quickly appreciate how adaptable



these items can be when preparing meals. Whether it be Summer Rolls, Cheesy Potato Soup, Mushroom Stroganoff, BBQ Sandwiches, or Maple Bacon Blondies, you'll savor these dishes. Hannah's gorgeous photos and creativity shine in this cookbook.

It's All Y'all's Cookbook is an 88-page self-published book. It retails for \$10. Order this book online at allyallsfoods.com/products/its-all-yalls-cookbook *Debra Wasserman/VJ Managing Editor*

The Be Kind Alphabet by Anouk Frolic

Anouk Frolic is a graduate of Ontario College of Art (OCADU) and a long-time vegan and animal rights activist. She has written and illustrated a fabulous children's alphabet book. One animal, including



common creatures such as bees, a fox, hens, an octopus, a raccoon, and others, is featured for each letter. Lesser known animals, such as an armadillo, gecko, jerboa, loris, numbat, umbrella bird, zebu, and many more, are also highlighted.

Descriptions of each animal are written in poetic verse along with a page featuring a gorgeous full-color illustration of each animal. Information on where each animal lives on earth, as well as interesting facts, are presented. Ways in which some of the animals are abused are discussed, in addition to what an animal may eat and natural predators.

Young readers will be inspired to respect animals in their natural habitats, care for our environment, and perhaps become young animal rights activists. The book will also lead to further educational discussions.

This book is geared towards second and third graders and would make a fabulous addition to any elementary school library or children's library.

The Be Kind Alphabet (ISBN 978-1-59056-708-1) is a 60-page hardcover book. It is published by Lantern Publishing & Media and retails for \$19.95. *Debra Wasserman/VJ Managing Editor*