

Cookbook: vegan recipes, includes sources that contain some recipes while being mostly concerned with other topics. We acknowledge that this is an imperfect label for sources dealing with raw food preparation, which are also included here. Some sources may include recipes for non-vegan foods (for instance vegetarian cookbooks), usually in the case of older sources that were unusual for their time for including any vegan recipes.

- Acciardo, M.M. (1978) *Light Eating For Survival*. Woodstock Valley, Ct, USA: Omangod Press.
- Adler, K. (1978) *Beyond the Staff of Life: The Wheatless-Dairyless Cookbook*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Angel, A. (1994) *A Vegan Cookbook*. Wimborne Minster, Dorset: Toby Twodogs Books.
- Animal Aid (no date) *I Can't Believe It's... Vegan! Delicious Non-Dairy and Egg-Free Dishes*. Tonbridge, Kent: Animal Aid.
- Anonymous (1987) *The Cookbook for People Who Love Animals* 4th. Umatilla, Florida, USA: Gentle World, Inc.
- Anonymous (1992) *The Cookbook for People Who Love Animals* 7th. Hawaii, USA: Gentle World Inc.
- Atchison, J.-R. (2002) *Everyday Vegan: 300 Recipes for Healthful Eating*. Berkeley, California, USA: North Atlantic Books.
- Barnard, T. and Kramer, S. (1999) *How It All Vegan! Irresistible Recipes for an Animal-Free Diet*. Vancouver, Canada: Arsenal Pulp Press.
- Barnard, T. and Kramer, S. (2002) *The Garden of Vegan*. Vancouver, Canada: Arsenal Pulp Press.
- Batt, E. (1976) *What's Cooking? A Guide to Good Eating* Revised. Enfield: The Vegan Society.
- Batt, E. (1980) *What's Cooking? A Guide to Good Eating* 3rd. London: Colmore Press.
- Batt, E. (1983) *What Else is Cooking? Further Adventures in Cooking with Compassion*. Leatherhead: The Vegan Society.
- Batt, E. (1985) *Eva Batt's Vegan Cookery*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Batt, E. (2002) *Vegan Cooking: Recipes for Beginners*. London: Thorsons.
- Batram, S. (1990) *Vegan Cooking Behind Bars*. St. Leonard's-on-Sea: The Vegan Society.
- Beard, C.H. (1997) *Become a Vegetarian in Five Easy Steps!* New York, USA: McBooks Press.
- Belfitt, S. (2002) *Cake, Vegan Cake of Course*. Sydney, Australia: Vegan Wise.
- Bhaktivedanta, A.C., Swami Prabhupada (2006) *The Higher Taste* 2nd. not known: The Bhaktivedanta Book Trust International, Inc.
- Bienenfeld, F. and Bienenfeld, M. (1994) *Mother Nature's Garden*. Freedom, California, USA: The Crossing Press.
- Black, M. (ed.) (1990) *New Vegetable Meals in Minutes* Slough: Foulsham
- Blake, G. (2004) 'The Happy Hippo: over 50 vegan recipes from the simple to the complex'. Cardiff: Hippo Books.
- Blanchard, N. (1995) *'Tis The Season: A Vegetarian Christmas Cookbook*. New York, USA: Simon & Schuster.

- Bloomfield, B. (1994) *Fabulous Beans*. Summertown, Tennessee, USA: The Book Publishing Company.
- Bloomfield, B. (2004) *More Fabulous Beans*. Summertown, Tennessee, USA: The Book Publishing Company.
- Bourke, A. (1992) 'The Hippy Cookbook'. not known: Alex Bourke Productions.
- Bradford, P. and Bradford, M. (1985) *Cooking with Sea Vegetables*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Bragg, G.B. and Simon, D. (1997) *The Ayurvedic Cookbook: vegetarian recipes for body, mind and spirit*. London: Rider Books.
- Brand-Miller, J., Foster-Powell, K., Marsh, K. and Sandall, P. (2006) *The Low Gi Vegetarian Cookbook*. London: Hodder Mobius.
- Braunstein, M.M. (1999) *Sprout Garden: Indoor Grower's Guide to Gourmet Sprouts Revised*. Summertown, Tennessee, USA: The Book Publishing Company.
- Bronfman, D. and Bronfman, R. (1998) *Calciyum! Delicious calcium-rich dairy-free vegetarian recipes*. Canada: Bromedia Inc.
- Brotman, J. and Lenkert, E. (1999) *Raw: The Uncook Book: New Vegetarian Food For Life*. USA: Regan Books.
- Brown, C.B. (2003) *Vegetarian Party Food*. London: Pavilion Books.
- Brown, E.E. (1985) *The Tassajara Recipe Book*. Boston, USA: Shambhala Publications Ltd.
- Brown, E.E. (1986) *The Tassajara Bread Book Revised and Updated*. Boston, USA: Shambhala Publications, Inc.
- Brown, E.E. (1986) *Tassajara Cooking*. Boston, USA: Shambhala Publications Ltd.
- Brown, J. (1996) *The Natural Lunchbox: Vegetarian Meals for School, Work & Home*. Summertown, Tennessee, USA: The Book Publishing Company.
- Brusseau, P. (1986) *Let's Cook It Together*. Wellingborough, Northamptonshire: Thorsons.
- Burke, A.G. (1994) *Simply Heavenly: The Monastery Vegetarian Cookbook*. Geneva, Nebraska, USA: Saint George Press.
- Burnett, G. (1993) 'Well Fed - Not an Animal Dead! A Source-book for Vegan Cooking, Gardening and Living'. Westcliff-on-Sea, Essex: Land and Liberty.
- Burton, D. (2001) *The Everyday Vegan*. Vancouver, Canada: Arsenal Pulp Press.
- Calabro, R.L. (1998) *Living in the Raw: Recipes for a Healthy Lifestyle*. Santa Cruz, California, USA: Rose Publishing.
- Calbom, C. (1999) *The Juice Lady's Guide to Juicing for Health*. New York, USA: Avery.
- Campbell, H.J. (1998) *The Food Watch Cookbook*. Bath: Ashgrove.
- Campion, K. (1986) *Kitty Campion's Vegetarian Encyclopaedia*. London: Century Hutchinson Ltd.
- Canter, K. and Swann, D. (1987) *Entertaining with Cranks*. London: Grafton Books.
- Carr, M.A. (1995) 'A Taste of Vegan'. Durham: self-published.
- Carter, P. (1993) *An Allergy Cookbook 3rd (vegetarian)* Romford, Essex: Ian Henry Publications, Ltd.

- Carter, P. (1998) *An Allergy Cookbook: Recipes Free From Eggs, Milk, Cheese, Butter, Wheat Flour, Cornflour, Salt, Sugar, Baking Powder and Chocolate* 4th. Romford, Essex: Ian Henry Publications, Ltd.
- Challem, J., Toews, V.D. and Knittel, L. (2001) *The Soy Sensation*. Chicago, USA: Contemporary Books.
- Charter, S. (2004) *Eat More Raw: A Guide to Health and Sustainability*. East Meon, Hampshire: Permanent Publications.
- Cook, L. (1999) "So, What Do You Eat?" A Practical Guide to Healthy Animal-Free Nutrition & Easy Family Meals'. not known: Liz Cook.
- Costigan, F. (2006) *More Great Good Dairy-Free Desserts Naturally*. Summertown, Tennessee, USA: Book Publishing Company.
- Cottrell, E.Y. (1983) *The Oats, Peas, Beans & Barley Cookbook* Revised. Santa Barbara, California, USA: Woodbridge Press.
- Cousins, B. (2000) *Vegetarian Cooking Without*. London: Thorsons.
- Cox, P. (1994) *The Realeat Encyclopedia of Vegetarian Living*. London: Bloomsbury.
- Cox, P. (1995) *The Realeat Encyclopedia of Vegetarian Living*. London: Bloomsbury.
- Cox, P. and Brusseau, P. (1995) *Lifepoints Cookbook*. London: Bloomsbury.
- Deadman, P. and Betteridge, K. (1977) *Nature's Foods*. London: Rider and Company.
- Demuth, R. (2006) *Green Seasons Cookbook: Seasonally Inspired Recipes from Demuth's Restaurant*. Bath: Chupi Publishing.
- Dinshah, F. (1975) *XXII World Vegetarian Congress Cook Book*. Malaga, New Jersey, USA: North American Vegetarian Society.
- Dinshah, F. (1980) *More Vegan Recipes*. Malaga, New Jersey, USA: The American Vegan Society.
- Dinshah, F. (1981) 'The Vegan Kitchen'. Malaga, New Jersey, USA: The American Vegan Society.
- Dinshah, F. (1991) 'The Vegan Kitchen'. Malaga, New Jersey: The American Vegan Society.
- Dotzler, L. (1975) 'The Farm Vegetarian Cookbook'. Summertown, Tennessee, USA: The Book Publishing Company.
- Dowding, C. (2008) *Salad Leaves for All Seasons*. Totnes, Devon: Green Books Ltd.
- Downes, J. (1994) *The Natural Tucker Soy Source: A practical guide to cooking with tofu and other soyfoods*. South Melbourne, Australia: Nature and Health Books.
- Doyle, R. (1979) *The Vegetarian Handbook: A Guide to Vegetarian Nutrition*. New York, USA: Crown Publishers, Inc.
- Easton, J. (2005) 'How to be Dairy-Free'. Bristol: Viva!
- Elliot, R. (1988) *The Supreme Vegetarian Cookbook*. Glasgow: Fontana Paperbacks.
- Elliot, R. (1995) *Rose Elliot's Oxfam Vegetarian Cooking For Children*. London: Vermillion.
- Elliot, R. (1996) *Rose Elliot's Vegetarian Cookery* Revised. London: Harper Collins.
- Elliot, R. (1997) *Vegan Feasts: Fresh Flavours - Pure and Simple*. London: Thorsons.
- Elliot, R. (2000) *Rose Elliot's Vegetarian Pasta*. London: Harper Collins.

- Elliot, R. (2000) *Vegan Feasts* 2nd. London: Thorsons.
- Elliot, R. (2000) *Vegetarian Christmas*. London: Thorsons.
- Elliot, R. (2005) *The Vegetarian Low-Carb Diet: The fast, no-hunger weightloss diet for vegetarians*. London: Piatkus.
- Elliot, R. (2007) *Low-GI Vegetarian Cooking*. London: BBC Books.
- Elliott, A. (2007) *Alive in 5: Raw Gourmet Meals in Five Minutes*. Summertown, Tennessee, USA: The Book Publishing Company.
- Erhart, S. and Cerier, L. (2001) *Sea Vegetable Celebration*. Summertown, Tennessee, USA: The Book Publishing Company.
- Esko, W. (1996) *Soup du Jour: healthy homemade soups for all seasons*. Becket, Massachusetts, USA: One Peaceful World Press.
- Fathman, G. and Fathman, D. (1968) *Live Foods: Nature's Perfect System of Human Nutrition* 2nd. Tucson, Arizona, USA: Sun Haven Publishers.
- Fathman, G. and Fathman, D. (1973) *Live Foods: Nature's Perfect System of Human Nutrition* 5th. Beaumont, California, USA: Ehret Literature Publishing Co.
- Findlater, E. (1985) *Evelyn Findlater's Vegetarian Food Processor*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Findlater, E. (1986) *Off the Shelf: The Healthfood Shopper's Brandname Cookbook*. London: Century.
- Findlater, E. (1987) *Full of Beans! Super healthy recipes for kids to cook themselves*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Francis, G. and Hunt, J. (eds.) (1996) *Animal Friendly Celebrity Cookbook* London: Animus Ltd.
- Fredin Skoog, M. (2007) *Nuts*. Chichester: Bonnier Books.
- Garrett, G. and Norman, K. (1987) *The Food for Thought Cookbook*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Geiskopf-Hadler, S. and Toomay, M. (1994) *The Vegan Gourmet*. Rocklin, California, USA: Prima Publishing.
- Gentle World (2000) *Incredibly Delicious: The Vegan Paradigm Cookbook*. Hawaii, USA: Gentle World, Inc.
- Gentle World (2003) *Incredibly Delicious: Recipes for a New Paradigm*. Hawaii, USA: Gentle World, Inc.
- Golbitz, P. (1998) *Tofu & Soyfoods Cookery*. Summertown, Tennessee, USA: The Book Publishing Company.
- Goldhamer, A. (1997) *The Health Promoting Cookbook: simple, guilt-free, vegetarian recipes*. Summertown, Tennessee, USA: The Book Publishing Company
- Graimes, N. (2000) *The Vegan Cookbook*. London: Lorenz Books.
- Graimes, N. (ed.) (2003) *Vegan Cooking for Health* London: Southwater
- Grant, A. (1999) *The New Vegan: Fresh and Exciting Recipes for a Healthy Lifestyle*. London: Metro Books.
- Grant, A. (2002) *The Joy of Vegan Cookery*. London: Metro Publishing Limited.
- Greer, R. (1977) 'The First Clinical Ecology Cookbook'. Portsmouth: Rita Greer.
- Greer, R. (1977) *Fruit and Vegetables in Particular: Rita Greer's Second Kitchen Notebook*. Portsmouth: Rita Greer.

- Greer, R. (1984) *Wheat-Free, Milk-Free, Egg-Free Cooking: Delicious and Practical Recipes Excluding the Three Most Common Allergens*. Wellingborough, Northamptonshire: Thorsons Publishers Limited.
- Greer, R. (1985) *Gluten-Free Cooking: Useful Advice and Easy-to-Prepare Recipes for Those Allergic to Gluten* 2nd. Wellingborough, Northamptonshire: Thorsons Publishers Ltd.
- Greer, R. (1996) 'Trufree Bread Booklet'. London: Trufree Foods.
- Greer, R. (no date) *The Trufree Handbook for Coeliacs and Gluten-free/Wheat-free dieters*. London: Trufree Foods.
- Grogan, B.C. (1994) *The (Almost) No Fat Cookbook*. Summertown, Tennessee, USA: The Book Publishing Company.
- Grogan, B.C. (1997) *20 Minutes to Dinner: Quick, Low-Fat, Low-Calorie, Vegetarian Meals*. Summertown, Tennessee, USA: Book Publishing Company.
- Grogan, B.C. (1998) *Nonna's Italian Kitchen*. Summertown, Tennessee, USA: The Book Publishing Company.
- Grogan, B.C. (2000) *Authentic Chinese Cuisine for the Contemporary Kitchen*. Summertown, Tennessee, USA: The Book Publishing Company.
- Grogan, B.C., Stepaniak, J. and Davis, B. (2001) *Dairy-Free & Delicious: Over 100 Tempting, Easy Recipes for Managing Milk Allergy and Lactose Intolerance*. Summertown, Tennessee, USA: The Book Publishing Company.
- Gwynn, M. (ed.) (1996) *BBC Vegetarian Good Food's Guide to Eating Well on a Vegetarian Diet* New Lanark: Geddes & Grosset Ltd.
- Hagler, L. and Bates, D.R. (eds.) (no date) *The New Farm Vegetarian Cookbook* Summertown, Tennessee, USA: The Book Publishing Company
- Hansen, M. (1982) *Spirulina: Nature's Diet Supplement Rediscovered*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Harriott, A. (2002) *Ainsley Harriott's Low Fat Meals in Minutes*. London: BBC Books.
- Harris, B.C. (1969) *Eat the Weeds*. New Canaan, Connecticut, USA: Keats Publishing, Inc.
- Hartley, J. (2000) *Profit From Emerging Dietary Trends: Ten Steps to Success*. Buckfastleigh, Devon: Go Publish.
- Havala, S. and Clifford, M. (1994) *Simple, Lowfat & Vegetarian: unbelievably easy ways to reduce the fat in your meals*. Baltimore, Maryland, USA: The Vegetarian Resource Group.
- Henderson, N. (1999) *Henderson's Wholefood Cookery*. Ellon: Northern Books.
- Holdstock, S. (2001) *Shazzie's Detox Delights*. UK: Rawcreation Limited.
- Holdstock, S. (2003) *Detox Your World*. UK: Rawcreation Ltd.
- Horton, D. (1991) '100 Vegan Recipes and Kitchen Tips'. Sydney, Australia: David Horton.
- Horton, D. (1991) 'The Vegan Kitchen Mate'. Australia: The Vegan Society (NSW).
- Horton, D. (1997) 'The Vegan Kitchen Mate'. Australia: The Vegan Society (NSW).
- Hunt, J. (1986) *The Holistic Cook*. Wellingborough, Northamptonshire: Thorsons Publishing Group.

- Hunt, J. (1987) *365 Plus One Vegetarian Main Meals*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Hunt, J. (1987) *The Caring Cook: cruelty-free cooking for beginners*. Oxford: The Vegan Society.
- Hunt, J. (no date) 'Animal Friendly Meals For All Seasons'. London: Janet Hunt.
- Hunt, R. (1990) *The Wholefood Harvest Cookbook*. Shaftesbury, Dorset: Broadcast Books Ltd.
- Isle of Wight Vegetarians (1997) *Meals Without Squeals*. Isle of Wight: Isle of Wight Vegetarians.
- Isle of Wight Vegetarians and Vegans (no date) *More Meals Without Squeals*. Isle of Wight: Isle of Wight Vegetarians and Vegans.
- Jaffrey, M. (1998) *Madhur Jaffrey's World Vegetarian*. London: Ebury Press.
- Jamieson, A. (2005) *The Great American Detox Diet: 8 Weeks to Weight Loss and Well-Being*. London: Rodale International Ltd.
- Jannaway, K. (1979) *First Hand First Rate: Five Dozen Hints, Ideas and Recipes. For An Economical Diet* 4th. Leatherhead: The Vegan Society
- Jensen, B. (2000) *Dr. Jensen's Juicing Therapy*. Los Angeles, USA: Keats Publishing.
- Keleny, K. (no date) 'Quick and Easy Menus for Joyous Living'. Not Known: Not Known.
- Kilburn, R., Kilburn, D. and Kilburn, M. (2000) *I Can't Believe It's Not Meat*. Summertown, Tennessee, USA: The Book Publishing Company.
- Klein, D. (2006) *Vegan Italiano*. London: Books.
- Knaggs, V. (1940) *The Salad Road to Health*. London: The C.W. Daniel Co., Ltd.
- Lamont, H. (1988) *The Gourmet Vegan*. London: Gollancz Paperback.
- Lappe, F.M. (1991) *Diet for a Small Planet* 20th Anniversary Edition. New York: Ballantine Books.
- Lehmann, C. (1994) 'Passionate: the passion of pure vegetarian cuisine'. Baranduda, Victoria, Australia: CJ & CF Lehmann.
- Leith, V. (2005) *I'll Have the Fruit & Grains Please*. Oxford: George Ronald.
- Leneman, L. (1984) *The Amazing Avocado*. Wellingborough, Northamptonshire: Thorsons Publishers Limited.
- Leneman, L. (1985) *Vegan Cooking: The Compassionate Way of Eating*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Leneman, L. (1987) *Vegetarian Pitta Bread Recipes*. Wellingborough, Northamptonshire.
- Leneman, L. (1989) *The Single Vegan: Simple, Convenient and Appetizing Meals for One*. London: Thorsons.
- Leneman, L. (1992) *The Tofu Cookbook*. London: Thorsons.
- Leneman, L. (1993) *365 Plus One Vegan Recipes*. London: Thorsons.
- Leneman, L. (1993) *Easy Vegan Cooking*. London: Thorsons.
- Leneman, L. (1993) *Slim the Vegetarian Way* 3rd. London: Thorsons.
- Leneman, L. (2000) *Vegan Cooking for Everyone*. London: Thorsons.
- Leneman, L. (2000) *Vegan Cooking For One*. London: Thorsons.
- Levin, J. and Cederquist, N. (1990) *A Vegetarian's Ecstasy*. San Diego, USA: GLO Inc.
- Levin, J. and Cederquist, N. (1992) *A Celebration of Wellness*. San Diego, USA: GLO Inc.

- Levin, J. and Cederquist, N. (1993) *Vibrant Living*. San Diego, USA: GLO, Inc.
- Lifespan Community Collective (1985) 'Vegan Cook-Book'. Sheffield: Lifespan Community Collective Ltd.
- Lifespan Community Collective (1986) 'Vegan Cook-Book'. Sheffield: Lifespan Community Collective.
- Lo, K. (1995) *Chinese Vegetable and Vegetarian Cooking* Revised paperback. London: Faber and Faber.
- Lowenfeld, C. (1957) *Britain's Wild Larder: Nuts*. London: Faber & Faber.
- Lyman, H.F., Merzer, G. and Samorow-Merzer, J. (2005) *No More Bull! The Mad Cowboy Targets America's Worst Enemy: Our Diet*. New York, USA: Scribner.
- Magic Wood, K. (2008) *Raw Magic*. Great Yarmouth, Norfolk: Rawcreation Ltd.
- Majzlik, L. (1991) *Festive Food for Vegetarians*. London: Green Print.
- Majzlik, L. (1998) *Vegan Dinner Parties*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (1999) *Vegan Barbecues and Buffets*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2001) *Vegan Baking*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2001) *A Vegan Taste of Italy*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2001) *A Vegan Taste of the Caribbean*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2002) *A Vegan Taste of India*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2002) *A Vegan Taste of Mexico*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2002) *A Vegan Taste of the Middle East*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2003) *A Vegan Taste of North Africa*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2004) *A Vegan Taste of Eastern Europe*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2004) *A Vegan Taste of Thailand*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2005) *A Vegan Taste of Central America*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Majzlik, L. (2005) *A Vegan Taste of East Africa*. Charlbury, Oxfordshire: Jon Carpenter Publishing.
- Manners, R.A. and Manners, W. (1993) *The Quick & Easy Vegetarian Cookbook*. New York, USA: M. Evans & Company Inc.
- Markowitz, E. (1998) *Warming Up to Living Foods*. Summertown, Tennessee, USA: Book Publishing Company.
- Marno, C. (no date) 'Animal Friendly Festive Cookbook'. not known: Caro Marno.
- Mason, C. (2001) *Veg: simple, stylish and seasonal vegetarian cooking*. Gloucestershire: Pauntley Press.
- Mason, P. (1996) 'Caribbean Cookery For Vegans'. London: Mohican Publishing.

- Mason, P. (2005) 'More Caribbean Cookery For Vegans'. London: Two Sevens Publishing Ltd.
- Mayo, K.V. (no date) 'Aids to a Vegan Diet for Children'. not known: not known.
- McCann, J. (2006) *Vegan Lunch Box: Amazing Animal-Free Lunches that Kids and Grown-Ups Will Love*. Kennewick, Washington: Little "s" Press.
- McCann, J. (2008) *Vegan Lunch Box: 130 Amazing Animal-Free Lunches that Kids and Grown-Ups Will Love* 2nd Kennewick, Washington, USA: Little "s" Press.
- McCarthy, M. (1989) *Fresh From a Vegetarian Kitchen*. Eureka, California, USA: Turning Point Publications.
- McCartney, L. and Cox, P. (1989) *Linda McCartney's Light Lunches: quick and easy vegetarian dishes*. London: Bloomsbury.
- McCartney, L. and Cox, P. (1990) *Linda McCartney's Home Cooking*. London: Bloomsbury.
- McCartney, L. and Cox, P. (1994) *Linda McCartney's Home Cooking*. London: Bloomsbury.
- McFadden, C. and Zelman, K. (2002) *A Harvest of Healing Foods*. London: Vega.
- McGuirk, N. (2003) *Document: A Story of Hope: a collection of vegan recipes and stories from the independent Dublin music scene* 3rd. Dublin: Hope Publishing.
- Melina, V., Davis, B. and Harrison, V. (1995) *Becoming Vegetarian: The Complete Guide to Adopting a Healthy Vegetarian Diet*. Summertown, Tennessee, USA: The Book Publishing Company.
- Meth, H. (1994) *The Whole Earth Cookbook: over 170 imaginative and easy-to-prepare recipes*. London: Vermillion.
- Meyer, B.F. (1992) *Earth Water Fire Air: a vegetarian cookbook for the 90s*. New York, USA: M. Evans & Company Inc.
- Meyerowitz, S. (1996) *Juice Fasting & Detoxification* 6th. Summertown, Tennessee, USA: The Book Publishing Company.
- Michell, K. (1987) *Practically Macrobiotic*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Mike and Isy (2007) *Another Dinner is Possible*. not known: Active Distribution/The Anarchist Teapot.
- Moskowitz, I.C. (2007) *Vegan with a Vengeance*. London: Grub Street.
- Moskowitz, I.C. and Romero, T.H. (2007) *Veganomicon: The Ultimate Vegan Cookbook*. New York: Marlowe & Company.
- Naran, A. (1992) *The Vegetarian Curry*. Tadworth, Surrey: Paperfront.
- Newkirk, I.E. (ed.) (2002) *The PeTA Celebrity Cookbook* New York, USA: Lantern Books
- Nishimoto, M. (1991) *The Now and Zen Epicure: Gourmet cuisine for the enlightened palate*. Summertown, Tennessee, USA: The Book Publishing Company.
- Norris, P.E. (1961) *About Nuts and Dried Fruit*. London: Thorsons Publishers Limited.
- Norris, P.E. (1962) *About Fruit, Vegetables and Salads*. London: Thorsons Publishers Limited.

- Nowakowski, J.B. (2000) *Vegetarian Magic At The Regency House Spa*. Summertown, Tennessee, USA: The Book Publishing Company.
- O'Brien, J. (1985) *The Magic of Tofu*. Wellingborough, Northamptonshire: Thorsons Publishing Group.
- Osbourne, L. (1988) *The Rasta Cookbook*. London: Antillean.
- Parekh, H. (2007) *The Asian Vegan Kitchen*. Tokyo: Kodansha.
- Patrick-Goudreau, C. (2007) *The Joy of Vegan Baking*. Beverly, MA., USA: Fair Winds.
- People For The Ethical Treatment of Animals (ed.) (1997) *Cooking With PETA: Great Vegan Recipes for a Compassionate Kitchen* Summertown, Tennessee, USA: The Book Publishing Company
- People For The Ethical Treatment of Animals and Newkirk, I. (1993) *The Compassionate Cook, or, "Please Don't Eat the Animals!"* New York, USA: Warner Books.
- Pitchford, P. and Quigley, D. (1994) *Cookin' Healthy With One Foot Out The Door*. The Book Publishing Company: Summertown, Tennessee, USA.
- Price, J. (2007) *Gourmet Vegetarian: The Vegetarian Recipes You Must Have*. London: Murdoch Book (UK) Limited.
- Products, G. (2000) *The Magic of Soy: Healthy Cooking With Soy Protein*. Summertown, Tennessee, USA: The Book Publishing Company.
- Raina, S. (2004) *Spicy Vegan: a collection of delicious, spicy, original Indian recipes*. London: Athena Press.
- Rasmussen, M.W. (2001) *Veggie Works Vegan Cookbook*. Belmar, New Jersey, USA: Veggie Works, Inc.
- Raymond, C. (2006) *Student's Go Vegan Cookbook*. New York, USA: Three Rivers Press.
- Raymond, J. (1992) *The Peaceful Palate: Fine Vegetarian Cuisine*. Palo Alto, California, USA: Jennifer Raymond.
- Raymond, J. (1997) *Fat-Free and Easy*. Calistoga, California, USA: Heart & Soul Publications.
- Rayne, J. (1996) *Don't Have a Cow! How to thrive in a post-cow world*. Burnstown, Ontario, Canada: General Store Publishing House.
- Reading World Development Group (no date) 'The Eat-Less Meatless Cook Book'. Reading: Reading World Development Group.
- Restaurant, C. (1992) *The Cranks Recipe Book*. London: Orion Books Ltd.
- Restaurant, C. (1996) *Entertaining with Cranks*. London: Orion.
- Restaurant, Y.W. (no date) *York Wholefood Restaurant Cookbook*. York: York Wholefood (Common Ownership Ltd.)
- Rivera, M. (2005) *The Little Simple Vegan Slow Cooker*. Summertown Tennessee, USA: The Book Publishing Company.
- Robbins, O. and Solomon, S. (1994) *Choices For Our Future: A Generation Rising For Life on Earth*. Summertown, Tennessee, USA: Book Publishing Company.
- Roenisch, F. (2008) *Diet of a Rawfood Goddess*. Leicester: Crystal Tongue Publishing.
- Ronny (1998) *The Complete Scoffer: Cheap 'n' Easy Vegan Cooking*. Peterborough: Miso Publications.
- Ronny (2002) *The Cake Scoffer*. Tonbridge: Animal Aid.
- Rotondi, P. (1948) *Vegetarian Cookery*. Los Angeles, USA: Willing Publishing Company.

- Russell, J. (2002) 'Green Harvest Favourite Vegan Recipes'. not known: Green Harvest Vegan.
- Savona, N. (2005) *101 Fantastic Juices and Smoothies*. London: Duncan Baird Publishers Ltd.
- Schinner, M.N. (1999) *Japanese Cooking: Contemporary & Traditional*. Summertown, Tennessee, USA: The Book Publishing Company.
- Scott, D. and Bletcher, E. (1994) *Latin American Vegetarian Cookery*. London: Rider.
- Sen, J. (1996) *Healing Foods Cookbook*. London: Thorsons.
- Shaw, M. (2003) *Viva! Guide 5: Martin Shaw Cooks Veggie*. Bristol: Viva! Campaigns Limited.
- Shurtleff, W. and Aoyagi, A. (2001) *The Book of Miso* 2nd. Berkeley, California: Ten Speed Press.
- Shurtleff, W. and Aoyagi, A. (2001) *The Book of Tempeh* 2nd. Berkeley, California: Ten Speed Press.
- Silk, K. (1993) *First Steps in Vegetarian Cooking*. London: Thorsons.
- Solomon, C. (1996) *Charmaine Solomon's Complete Vegetarian Cookbook*. Sydney, Australia: Angus & Robertson.
- Spencer, C. (1985) *Cordon Vert: 52 vegetarian gourmet dinner party menus*. London: Thorsons.
- Spencer, C. (ed.) (1986) *Green Cuisine: The Guardian's selection of the best vegetarian recipes* Wellingborough, Northamptonshire: Thorsons Publishing Group
- Spencer, C. (1992) *The New Vegetarian: the ultimate guide to gourmet cooking and healthy living*. London: Gaia Books Ltd.
- Spencer, C. (1996) *Green Gastronomy: A Fresh Way of Eating*. London: Bloomsbury.
- Stapley, P. (1990) *The Little Bean Cookbook*. London: Ebury Press.
- Stepaniak, J. (1994) *The Uncheese Cookbook*. Summertown, Tennessee, USA: The Book Publishing Company.
- Stepaniak, J. (1996) *Vegan Vittles*. Summertown, Tennessee, USA: Book Publishing Company.
- Stepaniak, J. (2000) *Being Vegan: Living with Conscience, Conviction, and Compassion*. Los Angeles, USA: Lowell House.
- Stepaniak, J. (2000) *The Saucy Vegetarian: quick and healthful no-cook sauces & dressings*. Summertown, Tennessee, USA: Book Publishing Company.
- Stepaniak, J. (2000) *The Vegan Sourcebook* 2nd. Los Angeles, USA: Lowell House.
- Stepaniak, J. (2007) *Vegan Vittles: Second Helpings*. Summertown, Tennessee, USA: The Book Publishing Company.
- Sterbenc, R. (2000) 'Spirulina Cuisine: A Unique Approach to Vegetarian Cuisine'.
- Stevenson, P., Cox, M. and Bertron, P. (2002) *The Whole Foods Diabetic Cookbook*. Summertown, Tennessee, USA: The Book Publishing Company.
- Stimpson, J. (1994) *New Food for Thought: a new era in vegetarian cuisine*. London: Andre Deutsch.
- Strydom, J., Osler, A., Loon, C.v., Shaw, A. and Clark, C. (2006) *Quiet Food: a recipe for sanity*. London: Grub Street.

- Sunwheel Foods Ltd. (1978) 'No.18: Pickles: Are easy to make at home'
Sunwheel Natural Notes. London: Sunwheel Foods Ltd.
- Swann, D. (1987) *Cranks Puddings and Desserts*. Enfield: Guinness
Superlatives Ltd.
- Swann, D. (1987) *Cranks Soups & Starters*. Enfield: Guinness Superlatives Ltd.
- Swann, S. (1998) *Cakes and Cookies for Children on Restricted Diets*.
Romford, Essex: Ian Henry Publications, Ltd.
- Szekely, E.B. (1971) *The Book of Living Food: Natural-Organic-Ecological*.
San Diego, USA: Academy of Creative Writing.
- The Farm (1977) 'Vegetarian Prenatal Nutrition and High Protein Recipes'.
Summertown, Tennessee, USA: The Book Publishing Company.
- The Vegan Society (1974) *First Hand, First Rate: Five Dozen Hints, Ideas and
Recipes for an economical diet*. Leatherhead, Surrey: Vegan Society.
- The Vegan Society (no date) 'Vegan Catering: An Information Pack for
Caterers'. St. Leonard's-on-Sea: The Vegan Society.
- The Wholefood Cookery School (1982) *Homemade Tofu and Its Uses*.
Leicester: The Wholefood Cookery School.
- Thrash, A.M. (1979) "*Blessed Art Thou, O Land, When ... Thy Princes Eat ...
For Strength, and Not For Drunkenness!*" Seale, Al, USA: Yuchi Pines
Institute.
- Toft, N. (no date) 'You don't have to be Jewishbut it helps!! The
Alternative Vegetarian and Vegan Cook Book'. not known: Nanette Toft.
- Treben, M. (1987) *Health From God's Garden: Herbal Remedies for Glowing
Health and Glorious Well-Being*. Wellingborough, Northamptonshire:
Thorsons Publishers Group.
- Tubbs, J. (1993) *If You Can't Pronounce It, Don't Eat It*. Scottsdale, Arizona,
USA: Arcadia Press.
- Urbanowicz, R. (1980) 'Have a Heart: How to Satisfy a Hearty Appetite
Without Using Animals'. not known: Ruth Urbanowicz.
- Vegan Campaigns (no date) 'Vegan Guide'. London: Vegan Campaigns.
- Vishny, D. (2006) *Mama Nature's Bar & Grill: Fast, Easy, Delicious Vegan
Recipes*. USA: Vegan Quest.
- Viva! (no date) *Viva! Christmas Celebration Feast*. Bristol: Viva!
- Wakeman, A. and Baskerville, G. (1986) *The Vegan Cookbook*. London: Faber
and Faber.
- Waring, P. (1997) *Lavender: Nature's Way to Relaxation and Health*.
London: Souvenir Press.
- Wasserman, D. (1991) *Simply Vegan: Quick Vegetarian Meals*. Baltimore,
USA: Vegetarian Resource Group.
- Waters, L., Waterman, N. and Hunter, F. (no date) 'Are you getting enough?
Salad bags are an easy way to 5 a day': The Fresh Prepared Salads
Producer Group.
- Wei-Chuan Cultural Education Institute (1995) *Vegetarian Cooking: Chinese
Style*. USA: Wei-Chuan Publishing.
- Wheldon, R.H. (no date) *No Animal Food and Nutrition and Diet with
Vegetable Recipes*. New York, USA: Health Culture Co.
- White, D. (2002) *Vegan Rustic Cooking For All Seasons*. not known: Vegan
Organic Trust.
- White, D. (2006) *Vegan Rustic Cooking Through the Seasons*. East Meon,
Hampshire: Permanent Publications.

Last updated:
30th September 2008



Cookbook

- Wholefood Cookery School (1983) 'Weaning Your Baby With Wholefoods'.
Leicester: The Wholefood Cookery School.
- Wood, K. (2002) *Eat Smart Eat Raw: Detox Recipes for a High Energy Diet*.
London: Grub Street.
- Wood, K. (2007) *Raw Living*. London: Grub Street.
- Yates, C. and Yates, D. (no date) 'Whole New Ways'. Leatherhead: Movement
for Compassionate Living.
- Youngs, R. (1993) *Cook Vegan*. Bath Ashgrove Press.
- Zerfing, S.D. (1957) *Sally's Recipes for Better Nutrition*. Glendale, California,
USA: Sally D. Zerfing.