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Categories: Beverages / drinks (no-alcohol); Vegan; Vegetarian. Ingredients: unsweetened non-dairy milk; strawberries; balsamic vinegar. 2.

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you eat vegan every day before 6:00 p.m.--and deliciously all of the time. Following up on his bestselling diet plan, VB6, the incomparable Mark Bittman delivers a full cookbook of recipes designed to help you eat vegan every day before 6:00 p.m ...

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In The VB6 Cookbook he makes this proposition more convenient than you could imagine. Drawing on a varied and enticing pantry of vegan staples strategically punctuated with "treat" foods (including meat and other animal products), he has created a versatile repertoire of recipes that makes following his plan simple,

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In VB6, bestselling author and New York Times columnist Mark Bittman created an easy-to-follow diet plan for vegan meals for breakfast and lunch, and healthy, vegetable-forward meals for everyday. Now in this tie-in cookbook, Bittman expands on the VB6 diet with a collection of 320 new recipes to keep the diet going and to keep eating better.

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In this companion cookbook, *The VB6 Cookbook: More Than 350 Recipes for Healthy Vegan Meals All Day and Delicious Flexitarian Dinners at Night* (Clarkson Potter/Publishers; on sale May 6, 2014; \$29.95; hardcover), Bittman presents a beautifully photographed volume and an endlessly adaptable menu of recipes designed to help you eat vegan every day before 6:00 p.m.—and deliciously all of the time.

New York Times columnist and bestselling author Mark ...

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## The VB6 Cookbook on Apple Books

When Bittman committed to a vegan before 6:00 pm diet, he quickly realized that everything about it became easier if he cooked his own meals at home. In The VB6 Cookbook he makes this proposition more convenient than you could imagine. Drawing on a varied and enticing pantry of vegan staples strategically punctuated with “ treat ” foods (including meat and other animal products), he has created a versatile repertoire of recipes that makes following his plan simple, satisfying, and sustainable.

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