



The Compassionate Cook: Or, Please Don't Eat the Animals!

Ingrid Newkirk

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From PETA, the largest animal rights organization in the world, comes a repackaged collection of over 200 healthy and humane vegan recipes that cover everything from breakfast to dinner and beyond.

The Compassionate Cook offers easy-to-make recipes that are tasty, healthy, and most importantly, humane. This collection covers breakfast, lunch and dinner, as well as snacks, appetizers and side dishes. These inventive and fun recipes will inspire readers to experiment with new dishes, cooking methods, and ingredients.

With this special selection of recipes, mindful eaters can enjoy delicious food, satisfied with the knowledge that they are helping to protect animals.

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