

holiday vegan recipes holiday menu planning for halloween through new years special occasions holidays natural foods

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Explore a delightful collection of holiday vegan recipes, perfect for meticulous menu planning from Halloween through New Year's. These special occasion dishes emphasize natural foods, ensuring your festive celebrations are both wholesome and incredibly delicious for everyone.

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Holiday Vegan Recipes: Holiday Menu Planning for Halloween Through New Years

Holiday cooking and vegan cooking come together in this holiday vegan recipes cookbook. Inside are 65 vegan recipes all created with those wonderful woodsy, aromatic food flavors and aromas you expect and enjoy during the holiday season. Vegans no longer need to be menu-challenged when celebrating HALLOWEEN, THANKSGIVING, HANUKKAH, CHRISTMAS and NEW YEARS. With not a single tofu turkey recipe in sight, you'll enjoy a wide variety of flavorful and easy-to-prepare vegan holiday fare, ranging from sweet to savory and from home-style to decadent. In the not-so-distant past, food item selections at gatherings were often lacking for vegetarians and vegans, especially during the holidays. If there were any vegan food options available at a holiday gathering, they were typically highly limited, and often disappointing. Thankfully, this no longer has to be the case. With much more awareness to vegetarian and vegan dietary preferences these days, dinner and party hosts are willing to accommodate their guests with a range of delicious vegetarian and vegan recipes. And, holiday vegan recipe collections, such as this one, help make vegan holiday cooking a hassle-free experience. So, whether you are a vegan yourself, or you have family members or friends who are, this holiday vegan recipe collection will help solve the 'What am I going to cook for the holidays?' dilemma. Here's what you'll find inside 'Holiday Vegan Recipes: Menu Planning for Halloween Through New Years': Chapter 1 - Halloween Treats (Snow White's 'Poisoned' Nutty Caramel Apples, Severed Monster Finger Cookies with Bloody Fingernails & more) Chapter 2 - Holiday Party Punches and Drinks (Mulled Cranberry Punch, Banana Pumpkin Pie Smoothie & more) Chapter 3 - Holiday Party Appetizers (Cranberry Jalapeno Salsa, Baked Seasoned Eggplant Strips with Dipping Sauce & more) Chapter 4 - Holiday Soups (Vegan Matzah Ball Soup, Velvety Potato and Cauliflower Soup with Nutmeg and Thyme & more) Chapter 5 - Holiday Salads (Green Bean Potato Salad with Mustard and Tarragon Vinaigrette, Cranberry Apple Waldorf Salad & more) Chapter 6 - Holiday Side Dishes (Cranberry and Chickpea Medley, Maple Roasted Brussel Sprouts with Walnuts & more) Chapter 7

- Holiday Entrees (Sweet Potato Cakes with Bourbon Maple Syrup, Lentil Loaf & more) Chapter 8
- Holiday Desserts (Vegan Baklava, Chocolate Candy Cane Cake & more) (Be sure to check out the full line of 'The Veggie Goddess' vegetarian and vegan cookbooks available on Amazon Kindle. You can also follow 'The Veggie Goddess' @ <http://www.facebook.com/theveggiegoddess> and <http://www.theveggiegoddess.co>

Vegan for The Holidays

Holidays inspire everyone to cook. Even people who rarely step into the kitchen prepare special festive meals to share with family and friends. Vegan cooking expert Zel Allen demonstrates that plant-based holiday foods are as delicious, innovative, and elegant as their hallowed meat-based counterparts. Taking readers on a world tour of holidays—including Thanksgiving, Hanukkah, Christmas, Kwanzaa, and New Year's Day,—Zel covers all the details any holiday cook requires to create the perfect celebration. Readers will find a banquet of recipes for irresistible dishes steeped in heritage and tradition, innovatively updated with novel touches. From assembling a party menu to planning a multicourse feast, *Vegan for the Holidays* establishes modern food traditions with a compassionate focus that everyone can enjoy with guilt-free gusto.

Vegan Holiday Cooking Plan Delicious Dishes For The Festive Season

Celebrate the holidays with your loved ones with delicious festival treats, regardless of their dietary preferences. This vibrant holiday first cookbook shows you how to incorporate delicious and nutritious meals using better whole, plant-based food ingredients for you and still deserve worth on your holiday dining table. This simple and easy-to-make cookbook is completely meat-free and dairy-free. It also includes gluten-free, bland and freezer-friendly recipes so you can pre-prepare these delicious meals to save time and reduce holiday stress. This cookbook is specially designed for home cooks who are willing to open their kitchens with vegan recipes, healthy dishes and guests with a variety of diets. Diet. Menu packages are included for the most popular holidays in the US: Valentine's Day St. Patrick's Day Easter Independence Day Halloween Thanksgiving Christmas New Year's Eve

Vegan Holiday Cookbook

75 Veganized Seasonal Classics for Family and Friends Are you vegan—and do you dread Thanksgiving because your family insists on a traditional turkey? Or are you a nonvegan family member welcoming everyone home for the Christmas holidays—and you're scratching your head over what to cook for your newly vegan son or daughter-in-law? Holiday feasts have always been contentious for vegans and their nonvegan family members—when a supposedly welcoming season of loved ones dining together becomes divisive when animal products are cooked as part of tradition. *Vegan Holiday Recipes* addresses this issue head-on and unites family and friends, vegan or not, over simply delicious, easy, healthy, seasonal food. Containing seventy-five plant-based recipes specifically designed with Christmas and Thanksgiving in mind, this is the ultimate book for vegans, the vegan-curious, and their families and loved ones. The book will also include menu designs for the perfect festive lunch or dinner get together. Learn to prepare vegan breakfasts, snacks, drinks, main meals, sides, and, of course, desserts: Potato Rosti and French Toast for Breakfast Artichoke Dip and Macadamia Dill Cheese for Snacks Mushroom and Parsnip Soup and Sweet Potato Salad Pecan and Mushroom Wellington and Cheesy Broccoli Bake for Mains Roast Vegetable Stuffing and Mashed Potato and Gravy for Sides Pecan Caramel Pie and Nutmeg Cookies for Sweets Mulled Apple Cider and Hot Chocolate for Drinks And more! Bring festive joy during the holiday season and inspire everyone with a delicious, inclusive table.

Vegan Holiday Cooking Plan Delicious Dishes For The Festive Season

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Just Enough

Fresh out of college, Gesshin Claire Greenwood found her way to a Buddhist monastery in Japan and was ordained as a Buddhist nun. Zen appealed to Greenwood because of its all-encompassing approach to life and how to live it, its willingness to face life's big questions, and its radically simple yet profound emphasis on presence, reality, the now. At the monastery, she also discovered an affinity for working in the kitchen, especially the practice of creating delicious, satisfying meals using whatever was at hand — even when what was at hand was bamboo. Based on the philosophy of oryoki, or “just enough,” this book combines stories with recipes. From perfect rice, potatoes, and broths to hearty stews, colorful stir-fries, hot and cold noodles, and delicate sorbet, Greenwood shows food to be a direct, daily way to understand Zen practice. With eloquent prose, she takes readers into monasteries and markets, messy kitchens and predawn meditation rooms, and offers food for thought that nourishes and delights body, mind, and spirit.

Vegan Holiday Kitchen

“Vegans rejoice!” for this special occasion cookbook offering “vegan versions of traditional holiday foods . . . for everyone to enjoy.” (Epicurious.com) Have yourself a happy vegan holiday! This exciting, inviting cookbook by veteran author Nava Atlas brilliantly fills the biggest gap in the vegan repertoire with more than 200 delectable, completely doable recipes for every festive occasion. Atlas, one of the most respected names in vegetarian and vegan cooking, addresses everything from Thanksgiving, Hanukkah, and Christmas —to celebratory brunches, lunches, dinners, potlucks, and buffets. Such mouthwatering dishes as Coconut Butternut Squash Soup, Green Chili Corn Bread, Hearty Vegetable Pot Pie, delicate Ravioli with Sweet Potatoes and Sage, and Cashew Chocolate Mousse Pie will convince even the most skeptical eater that vegan cooking is well worth celebrating. “Beloved winter holiday hits go meatless, including vegan holiday cookies spiced with cinnamon and ginger, mock chopped liver (cashew, onion and mushroom pate) and 'vegg' nog, thick and rich with almond milk and cashew butter, liberally spiked with rum. The spirit of the season remains but anything animal is excised.” —Huffington Post

Raw Vegan Holidays

The festive season can be a big challenge for anyone on a raw vegan diet when it's still early days. Raw food has never been more delicious and satisfying. With these recipes, you can sail through the holidays feeling great and looking great. Includes: - Raw Holiday Survival Guide so you can survive & thrive during the holidays with raw food, no matter the demands imposed by the holiday season. - 41 Raw Vegan Recipes: - 10 Raw Holiday Beverages - 14 Raw Holiday Entrees, Sides, Salads, Soups & Breakfast - 10 Raw Holiday Desserts - A "Raw Basics" appendix (with 7 "must have" basic recipes) for people who are new to raw food. - Raw Resources Section

Raw Food & Holiday Dishes

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Vegan Christmas Cookbook

Are You Ready to Rethink Your Christmas Dinner? What if your holiday table shone with festive tastes, cruelty-free delight, and a blast of plant-powered vitality? The "Vegan Christmas" Cookbook is here to take you on a culinary adventure that will change your holiday traditions into a celebration of health, compassion, and outstanding taste. From the Book: Vibrant Vegan Creations: Transform your holiday feast with over 60 spectacular recipes designed for flavor connoisseurs. - Discover a world of gastronomic treasures meant to dazzle your taste senses, from savory roasts to sweet sweets. Nutrient-rich deliciousness: Embrace the deliciousness of plant-based foods that not only satisfy your palate but also nourish your body from within. - Learn how to make a Christmas feast that will leave you feeling invigorated and satisfied. Effortless Elegance, Every Dish: Simplify your holiday cooking with simple recipes that transform ordinary ingredients into spectacular treats. - Each lovingly created meal will dazzle your guests with its spectacular look and rich flavors. Health Benefits Beyond Measure: Investigate the health benefits of a vegan Christmas, ranging from improved digestion to increased vigor. - Indulge guilt-free in celebratory feasts that prioritize well-being over deliciousness. What Makes "Vegan Christmas" Unique: Reimagine Tradition: - Rethink your holiday spread with a cookbook that reinvents festive customs while remaining loyal to the spirit of Christmas. - Enjoy the pleasure of creating memorable moments with dishes that draw everyone to the table. A Soul Gift: Give yourself and your loved ones the gift of health and compassion. - Get through the holidays with a cookbook that turns cooking into an act of love and well-being. Order Now! - Unwrap the enchantment of a Vegan Christmas with "Vegan Christmas Cookbook" - To begin a culinary journey that guarantees a festive season full of flavor, vitality, and joy, Hurry now and grab a copy. Allow your Christmas table to tell a narrative of delectable transformations this year. Dive into the world of "Vegan Christmas Delights" where every recipe is a celebration and every meal is a delightful feast for the heart, body, and soul.

Vegetarian Celebrations

Suggests vegetarian menus for both secular and religious holidays, and provides recipes for appetizers, soups, salads, main dishes, side dishes, breads, relishes and desserts.

Christmas Vegan Cookbook

Merry Christmas and Happy Holiday. It is a time for celebration. Inspiring vegan dishes that enhance the holiday season. For vegans or a dairy-free lifestyle, here are meals including traditional and international dishes that celebrate the Christmas and holidays. These festive and impressive recipes will be a bona fide hit with vegan and non-vegan guests alike, take all the pressure out of holiday meal planning, and allow everyone to enjoy time with friends and family. Make any recipe vegan or vegetarian to suit your preference. For ideas for Christmas and a holiday feast Click to Buy Now and enjoy celebrating your Christmas and Holiday.

The Superfun Times Vegan Holiday Cookbook

Bestselling author, vegan goddess, and comfort food queen Isa Chandra Moskowitz is back with her biggest book ever -- to prove that making festive vegan food for any occasion can be easy, delicious, and super fun. Gone are the days of stressing over how to please family and friends with different dietary needs. Bursting with knock-your-socks-off, mind-bogglingly tasty vegan recipes for Cinnamon Apple Crepes, Cheeseburger Pizza, Biscuits and Gravy, Churro Biscotti, and so much more, The Superfun Times Vegan Holiday Cookbook will make everyone at your table happy-even meat eaters and the gluten challenged. Isa provides everything you need to get your party started, from finger food and appetizers to casseroles, roasts, and dozens of special sides. Then comes a throng of cakes, cookies, cobblers, loaves, pies, and frozen treats to make you feel like the best dang vegan cook in the world.

You'll start with New Year's, stop for Valentine's Day on the way to Easter and Passover, party down from Cinco de Mayo through the Fourth of July, and cook through Thanksgiving, Hanukkah, and Christmas. And with more than 250 seasonal recipes, you'll mix, match, and remix for every celebration in between -- filling your life with holiday cheer the whole year round.

Quick and Easy Vegan Celebrations

From game day snacks to birthday sweets, “the recipes are so tempting, readers might not be able to resist their allure until the prescribed holiday” (VegNews). Celebrations mean food—lots of it! But if you, your family, or your friends are among the ever-growing millions of people eating vegan, you might be wondering: How can I make classic holiday and party fare—without milk, cheese, eggs, or meat? This cookbook answers that question! Alicia C. Simpson, author of *Quick and Easy Vegan Comfort Food*, is out to prove that sharing delicious vegan eats will make you a party starter (and definitely not a party pooper). From Seitan Parmesan and Sweetheart Sangria for Valentine's Day, to “Tourkey” Cutlets and Roasted Garlic Smashed Potatoes for Thanksgiving, Alicia serves up all your holiday favorites—with complete menus for: New Year's Eve • Valentine's Day • Game Day • Mardi Gras • St. Patrick's Day • Easter • Cinco de Mayo • Independence Day • Halloween • Thanksgiving • Hanukkah • Christmas • Kwanzaa • . . . Plus Birthday Sweets! Not a gourmet chef? Not to worry! Everything from Naw-Fish Étouffée to Vanilla Bean Ice Cream is quick and easy to prepare. *Quick and Easy Vegan Celebrations* takes the guesswork out of get-togethers, so all you have to do is send out those invitations—and enjoy the vegan cooking, partying . . . and eating! “Alicia makes vegan cooking non-intimidating and comfortable.” —VegKitchen

Plant-Based Holiday Feast

Plant-Based Holiday Feast: 99 Vegan Christmas Recipes Welcome to the Plant-Based Holiday Feast! Inside this vegan Christmas cookbook you will find 99 delicious festive recipes that are sure to make your Christmas celebration memorable. This book has something for everyone - from decadent desserts and flavorful main dishes to tasty sides and snacks. The recipes included here are both vegan and plant-based, meaning that they are not only animal-friendly but also entirely free of any animal products, such as meat, dairy, and eggs. You will find a variety of dishes for all types of diets, including gluten-free, soy-free, nut-free, Whole30, and more. The recipes in this book are intended to bring joy to your Christmas table. In addition to the food and cooking tips, you will also find nutritional information for each meal. This will help you make informed decisions about the foods you are cooking, as well as ensure that all of your holiday meals are as healthy as they are delicious. We have included flavorful vegan recipes for all types of courses and cuisines, ranging from classic American fare to Southeast Asian-inspired dishes. You will also find delicious vegan recipes featuring seasonal winter flavors like pumpkin, cranberry, and chestnut. For those of you in a rush, several recipes are labeled One Pot Wonders, or you can choose from our four-course menus. The holidays are one of those special times when you can connect with your family and friends and show them how much you care with comforting, festive foods. We hope this plant-based holiday feast will bring everyone around your table closer and fill your home with love and warmth. Bon appetite and happy holidays!

The Vegan Holiday Cookbook

Food is Life! This cookbook is for everyone, whether you are already Vegan or just looking for some delicious, classic Holiday recipes! Get ready for some amazing Appetizers, Side dishes, Main courses and Desserts! Not only will you learn over 50 original and classic, delicious Holiday recipes, you will also get some great advice for getting through the Holidays with non-vegan loved ones. There has never been a better time to try a plant-based meal. Eating a plant-based diet not only has numerous health benefits for you, but it also helps make our world more sustainable, and is also more economical than other diets. My name is Caterina Milano and I have been a food enthusiast for over 40 years! Since a young age, I have been obsessed with exceptional culinary recipes. I have included my favourite Vegan Holiday tried and tested recipes in this book for you to enjoy. The Vegan Holiday Cookbook is all you will ever need to get through the Holidays! You will learn over 50 Holiday original and classic recipes and have access to another bonus 25 recipes, all with color photos! Plus all measurements are in both metric and Imperial forms. The Holidays are all about food, why not try some Vegan recipes today! In *The Vegan Holiday Cookbook*, you will learn: Health Benefits of Veganism Tips for hosting dinner with Non-Vegan guests Conversations with Non-Vegans Basic Food Substitutions Over 50 Holiday recipes for Appetizers, Side Dishes, Main Dishes and Desserts! Additional access to my bonus book "25 Vegan

Salad Recipes" We are learning how important a sustainable lifestyle is and that includes a plant-based diet. There has never been a more delicious way to give Vegan meals a try. Don't delay, click the "Add to Cart" button today to get started cooking some fantastic recipes!

Vegan Christmas

Vegans and vegetarians everywhere will have the best holiday period ever with Gaz Oakley's fantastic alternatives to the trad turkey and trimmings. Gaz is an expert in bold flavours and textures, so everyone can enjoy a spectacular centrepiece and amazing food throughout the festive season. Gaz talks you through the menus and the planning, from Christmas morning breakfast like Sweet Potato Waffles and Tofu Benedict, through to a show-stopping lunch with the likes of Ultimate Christmas Wellington, "Turkey" Roast and Festive Nut Roast Wreath served with all the trimmings: "No Pigs" in Blankets, Hasselback Potatoes and Fluffy Yorkshire Puddings – all rounded off with spectacular dairy-free puds including Boozy Tiramisu and Creme Brûlée Tarts. There are vegan versions of mince pies, Pavlova and the traditional Christmas Pudding with Custard, and even a "cheese" board for afters! And it's not just about the big day: Gaz offers a supreme spread of party food for when you're celebrating with guests - Mini Sausage Rolls, Sticky BBQ "Ribs" and Arancini, among many others, plus ideas for Boxing Day leftovers including Bubble & Squeak, Christmas Curry and Gyros. Packed with suggestions for the festivities and advice on how to keep cool in the kitchen if you're cooking on the big day, Vegan Christmas Cookbook offers every solution you'll ever need for what to cook for vegans and vegetarians at Christmas.

Best Holiday Dishes for the Vegans Cookbook

Isn't it wonderful to celebrate the holidays with your loved ones with delicious festive dishes? This cookbook shows you how to cook nutrition-rich and delicious meals using plant based, whole food ingredients that are better for you. This simple and easy to follow cookbook provides gluten-free, paleo and freezer-friendly recipes so you can prepare these delicious meals in advance to save you time and reduce your stress during the holidays. With this cookbook, you can manage your health and immune system, and you can also better enjoy the holidays with your friends and your family with these vegan friendly dishes. Make holidays and special occasions deeply satisfying and a little bit surprising with these fun, creative, vegan friendly, and easy to make recipes.

Raw Vegan Holiday Recipes

The festive season can be a big challenge for anyone on a raw vegan diet when it's still early days. Raw food has never been more delicious and satisfying. With these recipes, you can sail through the holidays feeling great and looking great. Includes: - Raw Holiday Survival Guide so you can survive & thrive during the holidays with raw food, no matter the demands imposed by the holiday season. - 41 Raw Vegan Recipes: - 10 Raw Holiday Beverages - 14 Raw Holiday Entrees, Sides, Salads, Soups & Breakfast - 10 Raw Holiday Desserts - A "Raw Basics" appendix (with 7 "must have" basic recipes) for people who are new to raw food. - Raw Resources Section

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Vegging Out This Christmas

Are you vegan and do you dread the holiday season because your family insists on a traditional turkey dinner? Or maybe you are a non-vegan who will be welcoming and entertaining vegan family member for the Christmas holidays and you're baffled over what to cook for your family this year? So why don't you make holidays and special occasions deeply satisfying and a little bit surprising with these fun, delicious, and vegan-friendly festive recipes? This cookbook was designed specifically for home cooks who are preparing to celebrate this Festive Season with healthier and kinder alternatives, such as: Cauliflower Soup Creamy Mushroom Wellington Maple Glazed Roast with Garlic Mashed Potatoes for the mains Gingerbread Cookies and Pecan Pie with Homemade Whipped Cream for Dessert Spinach and Artichoke Dip and Creamy Jalapeño Poppers for Snacks Pumpkin Spice Latte and Hot Chocolate with Homemade Marshmallows for Drinks And lots more! I think we can all agree that holiday feasts can be contentious for vegans and their non-vegan family members when a supposedly welcoming season that should bring families together, does the opposite with of the use of animal products added to, or cooked-in popular holiday dishes as part of a long-standing tradition. This simple and easy to follow cookbook is completely meat and dairy-free. It also includes some freezer-friendly recipes so that you can prepare these delicious meals ahead of time to reduce your stress while also saving you time during the holidays. IN ADDITION TO OVER 100 PLANT-BASED HOLIDAY RECIPES THIS EBOOK HAS LOTS OF EXTRAS! Vegging Out This Christmas includes: Over 100 plant-based festive recipes for meals that are good for your health and good for the environment, including vegan roasts, pasta, salads and dressings, dips and finger-foods, mushroom wellington, steak and potatoes, tarts and pies, cookies, edible play dough and lots more. 25 fun-filled holiday activities for children of all ages, and the young at heart adults. A relaxing and energising kids yoga program complete with over 20 child-friendly yoga poses with step-by-step instructions. A 4-week holiday detox program including; - a 1-week detox sample meal plan, - a 3 week vegan sample meal plan, - and a 4-week fitness guide with exercise glossary. This recipe book will empower you to take control of your health and immune system with these plant-based dishes which you can share with the ones you love and finally enjoy fearlessly entertaining holiday parties that can include everyone, without all the stress. Scroll up to buy your copy now! And bring the festive joy to your doorstep this holiday season, while inspiring everyone with your delicious and inclusive menu.

Party Vegan

The first and only vegan celebration cookbook on the market It's one thing to cook vegan for yourself, but what about hosting parties and holiday get-togethers for friends and family? Party Vegan has you covered with more than 140 scrumptious animal-free recipes for parties of every kind. Whether you're hosting a child's birthday or a sophisticated cocktail party, you'll find many vegan options that even omnivorous guests will love. But this is more than just a cookbook. It's a detailed guide to hosting vegan parties, covering everything from party planning to food presentation to shopping lists. Virtually every big special occasion is included—Fourth of July, Thanksgiving, Hanukkah, and even the Super Bowl. Includes handy tips on planning your themes, menus, and trips to the market This is the first cookbook dedicated to vegan party recipes Party Vegan is ideal for people with vegan family or friends, as well as those who are watching their diet or have food allergies For any occasion, this is a perfect cookbook for hosting fun parties that will delight vegans, vegetarians, and anyone who loves healthy, tasty food.

Celebrate Vegan

Traditional and contemporary vegan recipes for holiday celebrations year-round Food and holidays go hand in hand, but for many vegans, cooking traditional celebration menus can be stressful. Now, from the author of Urban Vegan, comes this gathering of flavorful, animal-free celebratory recipes, both traditional and contemporary, using seasonal ingredients. This book covers the spectrum of holidays from across the globe—public, religious, and even quirky, lesser-known holidays. Celebrate Vegan also includes recipes for important milestones such as birthdays, weddings and anniversaries, as well as menus for everyday celebrations like “Girls' Night In,” “Snow Day,” “Tailgate Party,” and “Slumber Party.” Celebrate Vegan uses mainly pantry staples, although a few recipes call for more exotic ingredients. Seasoned chefs and cooking novices alike will find the chatty recipes easy to follow. Most recipes are simple, while more elaborate holiday treats invite readers to explore new techniques. Sidebars bring to light unfamiliar holidays, as well as interesting facts and cooking tips.

Vegan Keto Christmas Recipes

This is a vegan ketogenic, low carb high fat (LCHF) festive holiday/ Christmas/ Thanksgiving menu, written by vegans for vegans who follow an LCHF (Low carb high fat) life style. There are basics, snacks, starters, mains, deserts, and sweets. The recipes contain no soy or tofu. Vegan, Keto, Low-carb, Soy Free, Thanksgiving, Holiday food

Year Round Healthy Holiday Dishes

Chef Valerie Wilson also known as Macro Val, has been in the food industry since 1985. Having lived a vegan, macrobiotic lifestyle since 1993, she started teaching cooking classes in 1997 and still teaches in South Eastern Michigan. Valerie offers lifestyle counseling, personal chef services, writes for local magazines, has a YouTube channel and host her own podcast, REAL FOOD with Chef Val. In this, her fourth cookbook, Chef Val has created holiday dishes for all the holidays year round: Thanksgiving, Christmas Dinner, Christmas Goodies, New Year's Eve, Valentine's Day, Easter, Mother's Day, Memorial Day, Father's Day, Fourth of July, Labor Day, and Halloween. Sharing some of her favorite holiday memories that inspired the recipes in the cookbook, this heartwarming cookbook has 84 recipes, full color pictures, an informative introduction that covers such topics as: protein foods, soy foods, healthy fats, macrobiotics, brown rice syrup, dairy products, nightshade vegetables and the truth about arsenic in brown rice. All the recipe are vegan and feature healthy, whole organic foods. Most recipes are gluten free. Tofu Turkey with Whole Grain Stuffing, Fig Blackberry Sauce, Chocolate Truffles, Mincemeat Pie, Tofu Cheese Ball, Tempeh Pot Pie, Vanilla Cake with Chocolate Frosting, Asparagus Pinto Bean Corn Soup, Portobello Mushroom Burgers, Grilled Peaches in Fig Sauce, Millet Sweet Potato Burgers, Pumpkin Lasagna and Chef Val's famous Whipped Garlic are some of the recipes in the cookbook. Foreword by Marie Oser, best-selling author and executive producer of Veg TV, www.vegtv.com. For links and to contact Chef Val, visit www.macroval.com and Macro Val Food on Face Book.

Kristen Suzanne's Easy Raw Vegan Holidays

Mounting evidence has shown that heat destroys many of the nutrients found in raw, living food, rendering it harder to digest and nutritionally diminished. Raw food is catching on! From Hollywood stars with personal chefs, to a host of chic new Manhattan restaurants, the Raw Food movement is sweeping the country as people learn about the dramatic health benefits derived by eating a vegan diet in which food is never heated above 118 degrees Fahrenheit. With this fun, easy, one-of-a-kind guide, Raw food chef Kristen Suzanne explains how to apply the Raw food diet and lifestyle to the holiday season, with how-to tips and delicious and decorative recipes for Halloween, Thanksgiving dinner, Christmas, and other holiday season festivities. Includes a fabulous Raw Holiday Survival Guide to help Raw vegan enthusiasts adapt this extremely healthy diet and lifestyle to the special demands imposed by the holiday season. This Raw food vegan recipe book also includes a Raw Basics introduction to Raw food for people who are new to the subject.

Holiday Secrets

You will want to use this book over and over during the holiday season. Find favorite holiday recipes that won't disappoint your guest's taste buds or their health. These recipes are easy to make and they work every time. They have been tested and reviewed for more than 15 years by Food and Health Communications. There is no other source of healthy holiday cooking recipes that is as comprehensive, healthy or creative as Holiday Secrets. The recipes and secrets given are for Halloween to New Year's time. But there is also a bonus section, too. Gain great meals for Valentine's Day, Easter, Mother's Day, Father's Day and the three summer holidays.

Holiday Vegan Cookbook

The holiday season is a time for gathering with loved ones and enjoying delicious food. But for those who follow a vegan diet, it can be challenging to find festive and satisfying dishes to serve at holiday gatherings. That's where the "Holiday Vegan Cookbook: Delivering Delicious Food For Every Event" comes in. The book begins with an introduction to veganism and its benefits, as well as tips for navigating holiday gatherings as a vegan. From there, it moves on to the recipes. With over 50 recipes to choose from, you'll have plenty of options for your next holiday gathering. The recipes are organized by holiday event, including Thanksgiving, Christmas, Hanukkah, and New Year's Eve. Each section starts with an introduction to the holiday and the traditions associated with it. Then, it moves on to the recipes, which are organized by course. What's great about these recipes is that they are both delicious

and festive, and they use ingredients that are readily available in most grocery stores. Each recipe includes a photo of the finished dish, so you know exactly what you're aiming for. One of the standout recipes in the book is the vegan Thanksgiving roast. This recipe calls for using a mixture of lentils, nuts, and vegetables to create a delicious and hearty main dish that's good for the holiday. The recipe also includes instructions for making a flavorful mushroom gravy to serve alongside the roast. Another great recipe is vegan gingerbread cookies. This recipe calls for using vegan butter and molasses to create a soft and chewy cookie that's good for the holiday season. The recipe also includes instructions for making a vegan cream cheese frosting to top the cookies. In addition to the main dishes and desserts, the book also includes recipes for appetizers, sides, and drinks that are good for holiday gatherings. From vegan stuffed mushrooms to roasted Brussels sprouts with balsamic glaze to spiced apple cider, there's something for every course of your holiday meal. One of the benefits of a vegan diet is that it can be healthy and nutrient-dense. The recipes in this book focus on using whole, plant-based ingredients that are packed with fiber, vitamins, and minerals. For example, the vegan sweet potato casserole recipe calls for using sweet potatoes, coconut milk, and spices to create a delicious and nourishing side dish that's good for Thanksgiving. Overall, "Holiday Vegan Cookbook: Delivering Delicious Food For Every Event" is a must-have for anyone looking to incorporate more plant-based foods into their holiday meals. With its easy-to-follow recipes, helpful tips and tricks, and focus on delicious and festive ingredients, it's sure to become a favorite among vegans and non-vegans alike. So grab a copy, get cooking, and enjoy a healthy and delicious holiday season.

Vegan Holiday Cooking from Candle Cafe

This collection of vegan holiday recipes—the first of its kind from award-winning chefs—elevates plant-based fare to a new level. With fresh, inventive menus for Thanksgiving, Christmas, New Year's Eve, Lunar New Year, Super Bowl Sunday, Valentine's Day, Passover, Easter, Cinco de Mayo, and Independence Day, this cookbook blends favorite traditions with a modern sensibility. Tantalizing dishes include Sweet Potato Latkes with Almond Crème Fraîche for Passover; Porcini-Crusted Seitan with Glazed Cipollini Onions and Mushroom Gravy for Thanksgiving; and Red, White, and Blue Margaritas for the Fourth of July. Now home cooks can entertain in the spirit of New York's premier vegan restaurants, Candle Cafe, Candle 79, and Candle Cafe West. With forewords by Alicia Silverstone and Laura and Woody Harrelson, plus sumptuous photography throughout, this festive cookbook invites vegans and omnivores alike to gather around the holiday table and enjoy.

Vegan Christmas Cookbook

Skip the Stress That Comes With Searching for Vegan-Friendly Meals for the Holidays - Find Delicious, Affordable, and Easy to Make Vegan Recipes That are Perfect for the Christmas Season! More and more people are beginning to embrace the vegan lifestyle and have been converting to a vegan diet. But during the holiday season, it can be difficult to search for delicious, budget-friendly, and vegan-friendly meals. And now, there's no need to add more to all the stress that comes with preparing for the holidays. With this book, find tons of delicious and simple vegan meals made with inexpensive ingredients! Cooking for the family during the holidays has never been so easy! In this book, you'll discover: From morning to night: Find easy recipes for any time of the day, and for any occasion! You'll also be able to satisfy your sweet tooth and cravings with an extra section for desserts and snacks that even the kids will love. An introduction: Get all the knowledge that you need to know to be able to carry out a successful vegan or plant-based diet. Stay up to date on all the information and know exactly why this lifestyle change will benefit you! Stay healthy and happy: Open the doors to a healthier lifestyle without giving up on the foods that you love. Find delicious plant-based alternatives to all your favorite dishes! You'll finally be able to eat whatever you want, without the guilt. Keep it interesting: With a wide range of recipes ranging from Asian to Mediterranean flavors, you'll be able to venture out of your comfort zone and try new things while keeping mealtimes fun and interesting! Don't settle for flavorless, difficult, and expensive vegan meals that won't hit the spot. In this book, find delicious, affordable, vegan-friendly dishes that are perfect for beginners! Enjoy the holiday season and eat to your heart's content. Scroll up, Click on "Buy Now"

Let's Eat Vegan Holiday Special Occasion Blank Recipe Book Journal with Checklist, Comprehensive Plant-based Food List, Meal Ideas, Occasion

Let's Eat is a functional multipurpose Recipe collection journal where you can write your family secret holiday recipes, favorite event recipes, and your go-to recipes for special occasions. It is created

for plant-based healthy eating in mind so you can have a healthy meal to celebrate with on your special occasions. Use it to write your favorite recipes for christmas dinner, thanksgiving, 4th of July, birthday, weddings, potlucks, work special events and any get together or celebration you do with family and friends. It is a perfect gift for any women who plan to eat healthy, more plants on special occasions or if you are preparing for guests that are plant-based or vegan. Design: Chalkboard classy background with watercolor floral accents This journal features: Comprehensive plant-based food list Kitchen conversions Meal Ideas Food checklist planner Blank lined Journal for additional notes Recipe template kit to write your recipes Grab a copy for yourself or someone you know to make it as a functional useful gift.

Vegan Holiday Cookbook

Step into the extraordinary world of 'Vegan Holiday Cookbook: A Festive Feast for Christmas, Thanksgiving, and Every Occasion,' where every page unfolds a tantalizing experience that transcends the ordinary. Here's what awaits you inside, and why this cookbook is a must-have for every aspiring and seasoned home chef: 1. Unrivaled Variety of Festive Delights: Immerse yourself in a diverse culinary adventure with a wealth of easy-to-follow, delicious, and profitable recipes. From traditional Christmas feasts to everyday family dinners, this cookbook is a treasure trove of mouthwatering ideas that cater to every taste and occasion. 2. Expertly Crafted Gluten-Free and Health-Conscious Creations: Elevate your cooking with expertly crafted gluten-free meals and health-conscious dishes that not only taste divine but also contribute to your overall well-being. Discover the perfect balance between flavor and nutrition, making every meal a celebration of both taste and health. 3. Profitable Baker's Guide to Irresistible Desserts: Dive into the official, profitable secrets of successful baking with a dedicated section that unveils the art of crafting delectable plant-based cookies and desserts. From family-friendly treats to show-stopping holiday delights, become the baker you've always aspired to be. 4. Captivating Stories Behind Every Dish Be entertained by the enchanting stories behind each recipe. This cookbook is more than just a collection of dishes; it's a journey through the narratives, inspirations, and cultural influences that make every bite a unique and delightful experience. 5. Suitable for All Skill Levels: Whether you're a seasoned chef or a kitchen novice, each recipe is designed to be approachable, ensuring that everyone can create delicious, profitable meals. It's the perfect companion for those seeking both culinary mastery and the joy of everyday plant-based cooking. Why You Should Buy 'Vegan Holiday Cookbook' Today: Profitable Living Through Plant-Based Delights: Elevate your lifestyle with a profitable approach to plant-based living. These recipes not only tantalize the taste buds but also contribute to a healthier, more compassionate way of life. Joyful Celebrations, Every Day: Transform your everyday meals into joyful celebrations. With this cookbook, you'll bring the festive spirit into your kitchen, making each day an opportunity to savor the richness of plant-based living. A Valuable Addition to Your Culinary Repertoire: Whether you're a seasoned chef looking for fresh inspiration or a newcomer to plant-based cooking, this cookbook is a valuable addition to your culinary repertoire. Unlock the secrets of profitable and delicious plant-based meals that will become staples in your kitchen. Create Lasting Memories Around the Table: The stories, the flavors, and the profitability of these recipes make 'Vegan Holiday Cookbook' more than just a cookbook-it's a guide to creating lasting memories around the table. Share delightful meals with loved ones, and relish the joy of shared experiences. Don't miss out on this exceptional culinary journey. Buy 'Vegan Holiday Cookbook' today and embark on a path to profitable, flavorful, and health-conscious celebrations that will leave a lasting imprint on your kitchen and your heart."

Entertaining Au Naturel

This book makes beautiful, gourmet, impressive-looking, and tasting food accessible to everyone. What's even better is that unlike mainstream gourmet recipes, these are ALL vegan, gluten-free, SOS-free, kosher, halal, many are raw, most are Raw Fusion, or high-raw. You won't believe the pies, cakes, biscuits, cookies, roasts and more that you can pull off without need for an oven. Some recipes are gently warmed, and others utilize cold. All are spectacular! You will learn how to make Holiday Meals with Zeal that includes a Holiday Loaf and mashed potatoes and gravy along with a Butternut Squash Haystack. There are also lots of options for sides, like Apple Brussels Sprouts or Green Bean Walnutdine, and even a Cranberry Mandarin Relish. There's Pumpkin Soup, and several other soups like Coconut Carrot, and Creamy Mushroom, and even a corn chowder. There are starters, including drinks like Veggnogg and Marshmallow Root Chai, there are plant-based cheeses, crackers, spinach balls, and more! The dessert section is especially impressive to the eyes as well as the palate. You'll find classics like Pumpkin Pie, Cherry Pie, Pecan Pie, and Pear Pie, but done in a more beautiful and

healthy manner than you have ever seen. Other impressive desserts include S'mores, Tiramisu, Figgy Pudding, Macarons, and a gorgeous 12-Layer Apple Cake that you have to make to believe! You will even learn how to make gorgeous, colorful cookies with all-natural juices to color, with no oven! Every recipe has a full-color photograph of the completed dish, along with numerous other color photos to demonstrate the step-by-step instructions. The book is laid out with the recipe on the left page and the photo of the completed dish to inspire and direct you, on the right page. There is never any need to turn the page with messy fingers. Set this book on your kitchen counter and go to town. Chef B founded, published and was the Editor-in-Chief for Vegan Health & Fitness Magazine, which was on newsstands all over the world for 8 years. She has now made all 40 issues available for free online. Over the past 3 decades and counting, she has created vegan recipes for herself and her family that met every craving, in the healthiest ways possible. She also developed and co-developed recipes for her magazine, which was her favorite part of her job. She believes the pinnacle of both creativity and health is in raw food preparation. She also loves how energetic and clean she feels eating this way and wants to share this wonderful feeling with others. She has been trained in Chef Matthew Kenney's culinary school, and has learned a great deal from other high-level raw and non-raw vegan chefs. She has been honored to begin plans for upcoming work with Dr. Doug Graham, renowned raw food and fitness leader, and has been greatly influenced by his philosophy of simplicity in food preparation. To sum up her philosophy of the ideal food for human consumption, she uses the phrases "eating closer to nature" as well as "eating with compassion for all, to the highest level." She looks for ingredients that fall from trees or vines into the hand, as well as greens that flourish and beg for pruning in order to thrive. Clean air, clean water, and vibrant living soil are extremely important for optimum culinary and health enjoyment, which is why she emphasizes the importance of organic (and veganic) foods. The colors of the best foods are something else that make raw foods special and far superior to cooked foods. The beauty of the recipes in this book are just a few examples of what can be achieved when we eat in harmony with nature. Wait until you taste them! You will understand what nature intended-beauty, flavor, and health for all!

Best Holiday Dishes for the Vegans in Your Life

Make holidays and special occasions deeply satisfying and a little bit surprising with these 25 fun, delicious, vegan friendly, and easy to make recipes. Includes a photo for every single recipe! Celebrate the holidays with your loved ones with these delicious festive dishes, whatever their dietary preferences. #1 International Bestselling Author, Amanda Leeb's vibrant debut holiday cookbook shows you how to incorporate nutrient-rich and delicious meals using plant based, whole food ingredients that are better for you and still worthy of your holiday table. This simple and easy to follow cookbook is completely meat and dairy-free. It also includes gluten-free, paleo and freezer-friendly recipes so you can prepare these delicious meals in advance to save you time and reduce your stress during the holidays. This cookbook was designed especially for home cooks who will be ready to open their kitchens to vegan recipes, healthier favorites, and guests with multiple dietary restrictions. MENU PLANS Menu plans are included for the 7 most popular holidays in the U.S: Valentine's Day St. Patrick's Day Easter Independence Day Halloween Thanksgiving Christmas New Year's Eve LOTS OF EXTRAS Best Holiday Dishes for the Vegans in Your Life includes: Accessible meals that are good for your health and good for the environment, including burgers, pastas, stew, mushroom wellington, steak and potatoes, stuffed bell peppers, frittata, flatbread, cake, pie, cookies, chocolates, truffles, and even a show-stopping pear tart. An entire chapter on how to make your pantry vegan friendly with the most commonly used food staples. Beginner's resources: great resources for new vegans and the vegan-curious, including the top ten kitchen tools, where to start with the top health and nutrition documentaries and reference books, and the absolute best nutrition website everyone should know about! A free preview of Simple Staples for Vegan Cooking coming soon that will help you to get your pantry in order, including bonus recipes for butter, egg substitutes, Parmesan cheese, and a great nut butter milk hack. This cookbook will empower you to take control back of your health and immune system with these vegan friendly dishes to share with the ones you love and enjoy fearless entertaining and stress-free holiday parties that can include everyone. Don't wait. Start planning for the next holiday in your home and invite everyone you love, regardless of dietary restrictions. ADVANCE PRAISE for the Best Holiday Dishes for the Vegans in Your Life Cookbook "Thanks for getting us creative in the kitchen. This book was approachable and easy to follow. Each recipe was an effective walk through, each step being straight forward and sensible. We appreciate that! The things we tried were all delicious. Here are some dives into the thoughts we had while making and enjoying. Rosemary Flatbread: Made it 3 times! Looking forward to making again and again. Rosemary was perfectly balanced. The texture and density was a happy medium between

light and hearty. Cauliflower Steak: OMG that marinade! Instructions flawless-cooked to perfection. So good and refreshing. Vegetable Frittata: Fulfilling, flavorful, versatile. Was a little uncertain whether the consistency of batter was how it should be, but it baked to PERFECTION! Caramel Apple Nachos: The caramel sauce is absolutely our favorite vegan caramel out of the handful that we've tried. The recipe makes a fairly decent amount of caramel which is perfect for next-day munching." -Stephanie and Jeremiah (Professionally Trained Chef), Recipe Testers

The Vegan Ghoulish Recipes Collection Book

Hearty vegetarian holiday recipes can be every bit as satisfying as the meaty dishes found on most menus. Crowd-pleasing classics like mashed potatoes get a silky upgrade by using a potato ricer. Don't be afraid to try making new grains-cracked wheat, fonio, and quinoa make great hearty vegetarian holiday dishes with little preparation. In this book, you will discover: - Healthy, Natural Recipe Series - Vegetarian Recipes: 369 Healthy Natural Recipes Your Family Will Love - Vegetarian Breakfast Recipes - Vegetarian Appetizers Desserts and Party Foods - Vegetarian Main Dishes - And so much more! Get your copy today!

Veganizing Your Holiday

Over 90 easy plant-based recipes for a stress-free vegan holiday! Summary: Holidays and holiday dining can be overwhelming, especially for those dedicated to a vegan diet. Whether you're a beginner wishing for alternatives to your favorite holiday dishes or a family member searching for recipes to include loved ones on a plant-based diet, Veganizing Your Holiday is the perfect addition to your kitchen. It boasts recipes for appetizers, entrees, desserts, salads, and even vegan-friendly beverages. Covering 9 holidays, this cookbook has over 90 easy to make recipes for veteran vegan chefs and beginner cooks looking to make an inclusive meal for vegan family and friends. From flourless almond cake to tempeh fish and chips, Veganizing Your Holiday has everything you need for fun and delicious plant-based holiday meals

Moosewood Restaurant Celebrates

From the famous vegetarian restaurant in Ithaca, New York, comes a collection of festive recipes for holidays and special occasions.

Vegan Meal Prep

Skip the takeout, save money, eat better and prep meals like a pro with 125 healthy and delicious vegan recipes for every meal of the day. It's a fast-paced world out there, making it easy to fall into the habit of eating fast food. If you're vegan (or trying to eat a more plant-based diet) then you've got even more of a challenge, since finding vegan options on-the-go is no small feat. The answer is #mealprepping. Meal prepping -- the practice of preparing whole meals and meal components for the week ahead -- has gained immense popularity in the last few years. In Vegan Meal Prep, Robin Asbell shares this solution in the form of 125 inventive and inspired recipes for breakfast, lunch, mains, snacks and desserts using vegan ingredients. Armed with five 5-day meal plans, you'll be happy to avoid sad takeout while saving time and money. Recipes include Maple Granola with Almonds and Raisins, Tempeh Tacos with Mango Sriracha Sauce, Avocado Goddess Salad with Edamame, and Matcha Pistachio Blondies.

Vegan Holiday Feasts

Looking for mouthwatering and festive plant-based recipes to elevate your holiday celebrations? Look no further than "Vegan Holiday Feasts"! With this must-have guide, you'll discover a world of delicious and satisfying recipes to impress your guests and make your celebrations unforgettable. Packed with expert advice and flavorful recipes, this cookbook is the ultimate resource for anyone looking to celebrate in style without sacrificing tradition. From hearty main dishes and indulgent sides to decadent desserts and festive drinks, you'll have everything you need to create a holiday feast that will delight vegans and non-vegans alike. So why settle for bland and uninspired holiday meals? With "Vegan Holiday Feasts" in hand, you can elevate your celebrations and create unforgettable memories with your loved ones. ORDER YOUR COPY TODAY and get ready to wow your guests with a plant-based feast like no other!

Vegan Holiday Cooking

Scrumptious Plant-Based Recipes Full of Nostalgic Holiday Flavors Never miss out at a holiday feast again! Kirsten Kaminski, founder of The Tasty K, provides all the recipes you need to transform your meat-based holiday staples into satisfying vegan options. Swap out fatty ham for an irresistible Mushroom Wellington with Gravy. Capture all the flavors of traditional stuffing in the even-better Roasted Acorn Squash with Quinoa Stuffing. And no one will miss store-bought desserts once you have a homemade Cinnamon Apple Pie on the table. Kirsten makes each celebration delightful with 60 exciting appetizers, entrées and sides. With hearty, satisfying dishes such as Mushroom Bourguignon, Miso-Tofu Meatballs and Dijon Scalloped Potatoes to replace all the old meat-heavy, dairy-filled fare, you can feel the holiday spirit any time of year.