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guessed it, family favorite vegan recipes from actress, mom, and neuroscientist Mayim Bialik.

Mayim's Vegan Table: More than 100 Great-Tasting and ...

Not only does Mayim's Vegan Table share more than 100 easy plant-based recipes for dishes that are as good to eat

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as they are good for you, but Mayim has also teamed up with pediatrician Jay Gordon to offer: Basic nutritional information about a plant-based diet The real deal on raising kids on a plant-based diet (myths and misperceptions, debunked) Vegan family essentials (including a list of what to always keep in the pantry) Tips and strategies for

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**Mayim's Vegan Table : More Than
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Just take a cue from actress Mayim Bialik's new book, *Mayim's Vegan Table*, which is filled with more than 100 vegan recipes—including several cheesy ones.

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Mayim's Vegan Table includes over 100 plant-based recipes for families to enjoy. They are designed to be balanced, so that your body won't feel like it's missing out on something. Being vegan doesn't just mean cutting out animal products - it also means you need to get the proper nutritional balance without

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Dr. Jay Gordon; Da Capo; 2014; ISBN13:
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About the Author: Mayim Bialik's website; Disclosure: This book was provided by the publisher and any opinions are my own.

Mayim's Vegan Table by Mayim Bialik - Sand & Succotash

From Mayim's Vegan Table: "It's hard to give up your favorite sandwich when you

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make the decision to eat plant-based foods, but this Reuben recipe will make you forget you ever doubted your decision. We've re-created the flavor of a classic deli Reuben with ingredients and spices that mimic the original to a T. Grilling the rye bread makes all ...

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Food recipes can connect us across geography and time, and in the case of Mayim's Vegan Table: More than 100 Great-Tasting and Healthy Recipes from My Family to Yours, I felt super connected to the author, wherever she is, being a fabulous neuroscience PhD, television star, and all-around gorgeous vegan genius. Every recipe she included

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**Cookbook Review: Mayim's Vegan
Table Is A Must-Have**

Mayim Bialik with Dr. Jay Gordon Da
Capo Press/Perseus Books Group. Mayim
Bialik is currently starring on the CBS hit
comedy "The Big Bang Theory", where
for six seasons she has played the

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PhD in neuroscience, at the end of the day Mayim Bialik is a mom, one who knows what it's like to be a busy parent with little time to spend in the kitchen. She shares the concerns of parents everywhere: when it comes to nutrition and feeding your ...

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Mayim's Vegan Table is a great resource for anyone new to vegan eating. It's not just a book of recipes—a good portion of the book is devoted to the why's and how's of a vegan diet. The recipes are the kinds of staples that we all need in our back pocket, like Veggie Chili, Baked Ziti, and Shepherd's Pie. About Mayim's

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day Mayim Bialik is a mom, one who knows what it's like to be a busy parent with little time to spend in the kitchen. She shares the concerns of parents everywhere: when it comes to nutrition and feeding your ...

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