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Being Vegan in a Non-vegan World Bob Torres, Jenna Torres. (2005). †How It All Vegan!: Irresistible Recipes for an Animal-Free Diet. Kramer, S., & Barnard

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irresistible recipes for an animal-free diet / Tanya Barnard & Sarah Kramer. They also produce and market many of the products featured in How It All Vegan!

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**How it all vegan!: irresistible recipes for an animal-free diet - tanya**

Sarah and Tanya are long-time friends and self-described 'lazy vegetarians' whose love of animals made them want to completely eliminate animal products

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