



Vegan Slow Cooking for Two or Just for You

Kathy Hester

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If you have a small family or are looking for better-portioned vegan meals (that don't force you to eat chili for a week straight!), *Vegan Slow Cooking for Two or Just for You* is the perfect resource for you. Featuring recipes geared specifically for use with a 1.5- to 2-quart slow cooker, you'll find endless meal ideas that you can make with minimal effort and maximum taste. Just prep a few items the night before or morning of, and come home to a hot meal—or side, or dessert—the moment you walk in the door!

The little slow cooker is so easy to use that it makes cooking everyday a snap, so you can have a healthy variety of foods at a fraction of the cost of eating out. Inside, you'll find a whole new world of food to fall in love with, from breakfast-y *Pumpkin Polenta* to comforting *White Bean Quinoa Gumbo* to luscious *Blueberry Lemon Cake*. You'll be amazed at what your little slow cooker can do!

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