



## **Change Your Sauce, Change Your Life: ~Easy Plant Based Sauces to Blend, Whisk, and Shake~ from Positively Vegan (Positively Vegan Cooking)**

*By Kim Miles*

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Drawn from the popular Positively Vegan blog, the recipes in "Change Your Sauce, Change Your Life" have been refined over five years of plant based cooking. Blog and book author, Kim Miles, shares her updated recipes, making them better than ever, and even easier to follow. With these sauces, even everyday meals become something special. With simple kitchen basics like a blender and a saucepan, and easy to find ingredients, anyone can make delectable sauces that rival those found in many restaurants. Change up your own favorite dishes by simply changing the sauce, or choose from the easy meal suggestions at the back of the book if you're new to plant based cooking. What's Inside? 21 easy and wonderful sauce recipes, ranging from cheesy to Asian to spicy Southwest specialties 6 terrific salad dressings Lists of equipment and ingredients used in the book 6 basic no-recipe meals to make in endlessly different ways, and to inspire your kitchen creativity A few good sauces and some basic cooking skills are all you need to eat healthfully and happily, and spend minimal time in the kitchen. That's life changing!

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### **Editorial Review**

#### **About the Author**

Kim Miles is committed to a life of creativity, cooking, and happy living. A self employed entrepreneur for over 20 years, she loves sharing her skills and experience. Kim is a certified chef and teacher through Vegan Fusion, as well as a PCRM (Physicians Committee For Responsible Medicine) certified Food For Life instructor. Find her at [www.PositivelyVegan.blogspot.com](http://www.PositivelyVegan.blogspot.com).

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