



[The Vegan 8](#) by Brandi Doming. Copyright © 2018 Oxmoor House. Published by Time Inc. Books, a division of Meredith Corporation. New York, NY. All rights reserved.

Our Summary:

In her new book [The Vegan 8](#), popular blogger Brandi Doming offers up 100 easy, delicious, recipes for everyday cooking, including baking and recipes for pantry staples. The “8” stands for 8-ingredients or less, which has its appeal in our fast-paced, too-busy-to-cook mindset. Doming’s recipes are meant for everyday meals. They are all plant-based, many gluten free, and most dairy free, most oil free, and nut free, and if they're not, she usually suggests an alternative - mainly sunflower seeds or butter, which of course changes up the taste so take heed if you have a nut allergy. Nutritional information is included with each recipe,

which when eating a plant based diet is essential. And while many of these recipes offer up tiny sized portions with high caloric, fat, carb, and sodium counts, they still give you easy to make wholesome plant-based recipes that are manageable any day of the week.

What you need to know:

Get it: [The Vegan 8](#) by Brandi Doming. Copyright © 2018 Oxmoor House. Published by Time Inc. Books, a division of Meredith Corporation. New York, NY, Paperback October 16, 2018 \$25.99 ([Amazon \\$16.97](#); [Kindle \\$16.12](#))*

See it: 296 pages in paperback format set up like a standard cookbook containing introductory chapters, followed by chapters with recipes for the meals and snacks we eat through the day. The *Sauces & Dressings* chapter feature her wide range of gluten-free and (mostly) nut free recipes.

Make it: 100 vegan recipes, most are gluten free, many are oil free, nut free and dairy free. These are regular hard-working, week-day and –night meals, separated into the chapters that land you on the type of food you are looking for. Each recipe includes nutritional information, though the portion size in many is small to make the numbers palatable.

Chef Donna’s Review:

If you’ve been looking for a way to make wholesome, regular week-day meals for vegan, vegetarian, gluten-free, and dairy-free platforms, [The Vegan 8](#) may be your answer. In her first book, blogger Brandi Doming leverages her family’s transition into the vegan platform and her blog that chronicles the journey into 100 recipes that anyone might have as their routine home-cook repertoire. Only these are plant-based, and made with 8-ingredients or less. Or so she says. Whether the recipes have 8 ingredients or not, at least to me, is gimmicky. Many exceed the 8 – and by more than just the salt or pantry staples she says you’d have on hand any way. Should that matter when each recipe is designed to help you kick out delicious, wholesome, food without a lot of effort? I think not.

The biggest hurdle to overcome, at least to me, with [The Vegan 8](#) cookbook is that nutritional information is included for each recipe. A problem you ask? Yes. Most of these recipes are



high in fat (though they're good fats Doming argues), high, extremely high, in carbohydrates (read, your body turns un-used carbs into sugar and stores that as fat), and most recipes push the sodium content into the upper stratosphere. Portions are small, and it makes me wonder if that's intentional to keep the numbers palatable? Not a fatal flaw, for sure. Our grocery stores are filled with labels that repeat this pattern. Still, I'd be happier not knowing the *Easy One Pan Red Curry With Spinach And Carrots*, that serves four, comes in at 400 calories per serving, with a whopping 24.23 g of fat, 12.3 g of protein, 37.8 g of carbs, and 982 mg of sodium! That's a lot for what about a 1-cup serving.

If that's the most you have to overcome with Doming's [The Vegan 8](#), you'll be delighted by the rest. More than a vegan cookbook, this is a wholesome how-to cook manual for making relatively quick meals for any part of your week. And, other than stocking your pantry – if you're not already set up for vegan cooking, you probably have (or routinely buy) the rest of the ingredients. The gluten free, oil free and nut free *Cuban Black Bean Stuffed Sweet Potatoes* with the optional *Green Chile Lime Yogurt Sauce* needs little more than veggies and beans, and a handful of dried herbs. *Skillet Baked Mac 'N Cheese*, though a bit more fussy requiring cashews, dairy free yogurt and soy milk, is still manageable and easy enough to swap out the pasta for gluten free pasta, to make it a gluten free meal.

Doming shines, though, in her *Sauces & Dressings* chapter of [The Vegan 8](#). The range she offers in just 10 recipes is wonderful, and purposeful. Each sauce or dressing works with a multitude of dishes – hers or your own, and certainly makes the addition of calories (mostly under 50 per 2 tablespoons) more delicious than what you'll buy in a store. And, let's face it, these are the finishing touches and flavor boosters we look for in our meals. If you can make *Creamy Cajun Lemon Sauce*, *All Purpose Lemon Cream (a substitute for sour cream!)*, *Sweet Chili Mustard sauce* and Doming's *My Favorite BBQ Sauce* each in under 5 minutes, then deliciously flavored food is never more than a few quick pulses of your food processor or [Vita-Mix®](#) away.

[The Vegan 8](#) offers far more than vegan options for meals. It offers deliciously easy, fast meals for any family for any week-day or –night. That its vegan, and mostly gluten free and dairy free, is the added bonus if you eat from those platforms.

Recipes to cook from [The Vegan 8](#) by Brandi Doming. Copyright © 2018 Oxmoor House. Reprinted with permission by Time Inc. Books, a division of Meredith Corporation. New York, NY. All rights reserved.

[Sunflower Cinnamon Spice Chia Balls](#)
[Sweet Potato Lentil Comfort Stew](#)
[Healthy Apple Pie Cookies](#)

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