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100 vegan recipes that riff on Southern cooking in surprising and delicious ways, beautifully illustrated with full-color photography. Jenné Claiborne grew up in Atlanta eating classic Soul Food—fluffy biscuits, smoky sausage, Nana's sweet potato pie—but thought she'd have to give all that up when she went vegan. As a chef, she instead spent years tweaking and experimenting to infuse plant...

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As a picky kid, they were one of the few healthy foods I would eat. Candied yams, sweet potato pie, and a good ol' baked sweet potato; when I think of soul food, these come to mind. Now as a vegan chef sweet potatoes are still my favorite food, and one of the most delightful and soulful ingredients.

*Sweet Potato Soul by Jenné Claiborne - A vegan food and ...*

¼ cup mashed sweet potato (from ¼ baked medium sweet potato) ½ teaspoon pure vanilla extract  
RECIPE 1. In a small saucepan, warm the soy milk and vegan butter over medium heat until the vegan butter has melted. Do not boil it. Remove from the heat and stir in the mashed sweet potato. 2.

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