



# Vegan Unplugged: A Pantry Cuisine Cookbook and Survival Guide

*Jon Robertson, Recipes by Robin Robertson*

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**No fridge? No stove? No time? No problem.**

*Vegan Unplugged* lets you make the most of it, when you have to make the best of it.

*Vegan Unplugged* is your go-to pantry cookbook for a variety of real-life scenarios. Eat well when you don't feel like cooking or don't have time to cook. Make tasty meals whenever you're on the road, visiting non-vegans, camping, or any time the power goes out.

Let *Vegan Unplugged* show you how to prepare gourmet quality meals with pantry ingredients in fifteen minutes or less. Use the Five-Day Meal Box to feed up to four people for five days, and personalize your home pantry for any emergency.

The instructions are simple and the meals easy. Make great Pantry Cuisine dishes such as Almost-Instant Black Bean Chili, Pantry Pasta Salad, Fire-Roasted Blueberry Cobbler, and many more, specially developed by chef and author Robin Robertson.

This book is a must have for all vegans, and anyone else who wants to discover the ease and practicality of great-tasting, nutritious Pantry Cuisine. It also features a concise emergency preparedness section for you, your family, and your companion animals. *Vegan Unplugged* is a 100% vegan, comprehensive revision of Jon and Robin's 2005 book *Apocalypse Chow*, containing new recipes and important new content.

*Vegan Unplugged*...because we all need a back-up plan...with recipes.

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