

Practically Raw By Amber Shea Crawley

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The Girl Who Fell

Veganize any recipe with confidence! The Complete Guide to Vegan Food Substitutions is your secret weapon to turning any recipe imaginable into a deliciously "veganized" success—no guesswork or hard labor involved. And no more kitchen failures or recipe flops either. Simply look up whatever non-vegan ingredient you want to sub out, and expert author team Celine Steen and Joni Marie Newman will explain exactly what substitution is best to use and how to make it without compromising taste or flavor, so you'll create dishes that are not only better than the "real" thing, but healthier, too. With more than 200 recipes and substitutions that show the swaps in action, you'll find step-by-step instructions for replacing everything from butter and bacon to gelatin and gouda. You'll also find healthy substitutions for replacing things like gluten, sugar, and fat, so you can fine-tune any recipe to your dietary needs. You and your family and friends will be amazed and delighted with these and more plant-based dishes: Eggs Benedict with Ham Western Bacon Cheeseburgers Indian-Spiced Pumpkin Gratin Cheesy "Chicken" Casserole Fish-y Sticks with Tartar Sauce Walnut Chocolate Brownies Vanilla Latte Ice Cream Stunning photography and easy-to-follow charts appear in every chapter, making it a cinch to dip in and out whenever you need a quick reference or recipe. If you've always wanted to turn your aunt's famous mac and cheese into a veganized taste sensation, or your grandma's buttermilk pie into a rousing, "reinvented" success, The Complete Guide to Vegan Food Substitutions is the solution you've been looking for!

Practically Raw Desserts

If you love fried foods, but don't want the oil, added fat, and mess of frying, then you will want this cookbook. It shows you how to "air fry" your favorite fried foods with little or no cooking oil. JL Fields, author of Vegan Pressure Cooking, has done the research, development, and testing, so you can serve crispy French fries, eggrolls, and all kinds of fried food in minutes – without frying. This amazing air-fryer appliance cookbook brings crunchy onion rings, vegetable tempura, and more to your table without making a mess or heating up your kitchen. Now you can eat delicious "fried" food, while staying healthy. Recipes include: • Jalapeño Poppers • Vegetable Dumplings • Potato Chips • Eggrolls • Mac 'n' Cheese Bites • Buffalo Cauliflower • Corndogs • Fried Chick'n • Fajitas • Grilled Cheese Sandwiches Air fryers, popular in Europe for years, have taken the U.S. by storm, and this is the first air-frying cookbook for plant-based diets. This amazing air-fryer appliance cookbook contains 80 recipes, bringing you crunchy onion rings, vegetable tempura, and more to your table without making a mess or heating up your kitchen. Now you can eat delicious "fried" food, while staying healthy.

Guadalcanal: the First Offensive

This companion book to Amber Shea's trend-setting Practically Raw, sets the standard for flexible raw sweets and treats. Practically Raw Desserts is a trove of scrumptious raw cakes, cookies, brownies, pies, puddings, candies, pastries, and frozen treats. All of chef Amber Shea Crawley's sweet creations allow substitution and adaptation for a non-raw kitchen. The recipes are free of dairy, eggs, gluten, wheat, soy, corn, refined grains, refined sugars, yeast, starch, and other nutrient-poor ingredients. Many recipes are also free of grains, oils, nuts, and added sugars. Ideal for beginners as well as seasoned raw foodists, Practically Raw Desserts is jam-packed with delicious, healthy-yet-indulgent treats that include: • Baklava Blondies • Summer Fruit Pizza • Tuxedo Cheesecake Brownies • Cashew Butter Cups • Confetti Birthday Cake • Pecan Shortbread Cookies • Deep-Dish Caramel Apple Pie • Dark Chocolate Sorbet With this flexible approach, you can delve into raw desserts at your own pace, even without special equipment or hard-to-find ingredients. The book provides recipe variations and ingredient substitutions that address many common food allergens. If you're looking for delicious and vibrant dessert recipes with maximum flavor and nutrition, then you'll love Practically Raw Desserts.

Building Performance Analysis

Practically Raw's revolutionary practicality and flexible approach let you enjoy Chef Amber's delicious vegan dishes your own way, according to your budget and taste, every day or every once in a while, and as raw — or cooked — as you like. Certified raw chef Amber Shea has designed these recipes to be made with ordinary equipment and ingredients, and with the flexibility of many substitutions, cooking options, and variations. Ideal for beginners as well as seasoned raw foodists, Practically Raw has something for everybody, whether you want to improve your health and longevity, cope with food sensitivities, or simply eat fresher, cleaner, and better! Chef Amber's creative, satisfying recipes include: Almond Butter

Sesame Noodles Vegetable Korma Masala Fiesta Taco Roll-Ups Primavera Pesto Pizza Maple-Pecan Kale Chips Cherry Mash Smoothies Parisian Street Crepes Warm Apple-Walnut Cobbler This beautiful new full-color edition (previously published by Vegan Heritage Press) includes a pantry guide, menus, money-saving and make-ahead tips, and nutrition information.

Adhesion between polymers and concrete / Adh sion entre polym res et b ton

The Vegan Air Fryer

The Woody Plant Seed Manual

Preface Adhesion is a phenomenon architects and civil engineers are not very familiar with. In other disciplines knowledge about surface properties and the background of bonding energies is also far from satisfactory; nevertheless there are many important applications in concrete engineering, where adhesion is necessary for success and durability. These include: - coating and painting - repair of concrete surfaces - bonding of fresh to old concrete - crack injection - glueing of precast elements - glueing of steel to concrete, etc. In 1981 RILEM established the technical committee 52-RAC 'Resin Adherence to Concrete'. The main aims of the committee's work were - to collect research results and practical experiences - to initiate and coordinate research programs - to develop, on a scientific base, test methods for field and for laboratory purposes. One of the results of the committee's work is a state-of-the-art report, which will be presented orally as a General Report at the International Symposium ISAP '86, and will be printed either in the RILEM journal Materials and Structures or separately. Several test recommendations have been elaborated and will be prepared as drafts for the participants of ISAP '86. These are: - direct tensile test - pull-off test - direct shear test - slant shear test - four-point bending test - dynamic loading test - thermal compatibility test (two versions) - injectibility test.

Raw for Dessert

Chef Chloe, the first vegan winner of Cupcake Wars, brings her signature creativity and fun to the best part of every meal: Dessert! CHEF CHLOE'S first all-dessert cookbook, Chloe's Vegan Desserts, will satisfy your sweet tooth from morning to night with more than 100 recipes for cakes and cupcakes, ice cream and doughnuts and pies—oh my! And you just will not believe these delicious dishes are vegan. You can start the day with New York-Style Crumb Cake, light and zesty Lemon Poppy Seed Muffins, luscious Chocolate Babka, or decadent Tiramisu Pancakes (topped with a dollop of cool Coconut Whipped Cream). Here, too, are more than a dozen inventive, innovative, irresistible cupcake recipes, including Chloe's

Cupcake Wars' Award-Winning Chocolate Orange Cupcakes with Candied Orange Peel, saffron- and cardamom-spiced Bollywood Cupcakes, and rich and boozy Chocolate Beer Cupcakes with Irish Whiskey Buttercream. Chloe's got you covered for the holidays with her Easy Apple Pie and Absolutely Perfect Pumpkin Pie, Holiday Trifle, Nuts for Hot Cocoa, and Pumpkin Spice Latte. She re-creates classic desserts and treats from Chocolate Chip Cookies to Classic Crème Brûlée, and veganizes store-bought favorites with her Oreo-style Chloe O's, Pumpkin Whoopie Pies, Animal Cookies, and Black-and-White Cookies—which are better (and healthier) than what you'll find at the grocery store. Chloe also serves up brand-new triumphs like her dreamy Lemon Olive-Oil Cake, Rosemary Ice Cream with Blueberry Sauce, Coconut Cream Pie, Chocolate Cream Pie, Coconut Sorbet with Cashew Brittle, and good-to-the-last-drop milkshakes. Who can possibly resist? Go ahead and lick that spoon—there are no worries when you bake vegan! With gorgeous color photography, clever tips, and a comprehensive section on vegan baking basics to get you started, Chloe's Vegan Desserts will be your new vegan dessert bible.

The Complete Guide to Vegan Food Substitutions

Captures the atmosphere, experiences and recipes of Rosa Mitchell's Sicilian kitchen. Rosa's food is very special: soulful, traditional, family-orientated and utterly authentic. The recipes are complemented by stunning photography of both finished dishes and from throughout the preparation process.

The Professor's House

"Sweets in the Raw: Naturally Healthy Desserts" delivers 46 brand-new recipes designed to satisfy the most intense sweet tooth, minus the refined sugar, dairy, and grains. These carefully crafted recipes, including Apple Crumb, Chocolate Fudge, Strawberry Ice Cream, Mini Black Forest Cake Bites and Espresso Truffles, have endured rigorous taste-testing by a wide audience before being brought to you! "Sweets in the Raw" is a must-have for anyone with an insatiable sweet tooth and the desire to eat healthy!

Going Vegan

Zephyr Doyle is focused. Focused on leading her team to the field hockey state championship and leaving her small town for her dream school, Boston College. But love has a way of changing things. Enter the new boy in school: the hockey team's starting goaltender, Alec. He's cute and charming. Soon, their relationship becomes something bigger than Zephyr, something she can't control. Zephyr swears it must be love. But love shouldn't make you abandon your dreams, or push your friends away. And love shouldn't make you feel guilty--or worse, ashamed. So when Zephyr finally begins to see Alec

for who he really is, she knows it's time to take back control of her life. If she waits any longer, it may be too late.

The Alcohol Textbook

This account of the first victory over Japanese ground forces, told at the level of companies, platoons, and even individuals, demonstrates the relationship between air, ground, and surface forces in modern warfare.

Incredible Plant-Based Desserts

The New York Times bestseller from the founder of Oh She Glows "Angela Liddon knows that great cooks depend on fresh ingredients. You'll crave every recipe in this awesome cookbook!" —Isa Chandra Moskowitz, author of Isa Does It "So many things I want to make! This is a book you'll want on the shelf." —Sara Forte, author of The Sprouted Kitchen A self-trained chef and food photographer, Angela Liddon has spent years perfecting the art of plant-based cooking, creating inventive and delicious recipes that have brought her devoted fans from all over the world. After struggling with an eating disorder for a decade, Angela vowed to change her diet — and her life — once and for all. She traded the low-calorie, processed food she'd been living on for whole, nutrient-packed vegetables, fruits, nuts, whole grains, and more. The result? Her energy soared, she healed her relationship with food, and she got her glow back, both inside and out. Eager to share her realization that the food we put into our bodies has a huge impact on how we look and feel each day, Angela started a blog, ohsheglows.com, which is now an Internet sensation and one of the most popular vegan recipe blogs on the web. This is Angela's long-awaited debut cookbook, with a treasure trove of more than 100 mouthwatering, wholesome recipes — from revamped classics that even meat-eaters will love, to fresh and inventive dishes — all packed with flavor. The Oh She Glows Cookbook also includes many allergy-friendly recipes — with more than 90 gluten-free recipes — and many recipes free of soy, nuts, sugar, and grains, too! Whether you are a vegan, "vegan-curious," or you simply want to eat delicious food that just happens to be healthy, too, this cookbook is a must-have for anyone who longs to eat well, feel great, and simply glow! From the Trade Paperback edition.

Ethics for the Information Age, Global Edition

Reproduction of the original: An Architect's Note-Book in Spain by M. Digby Wyatt

Monitoring Bathing Waters

Find Your Balance. Simply. Fresh, raw foods can nourish your body, calm your cravings, and energize you. And with raw

food chef Judita Wignall's Raw & Simple, it's never been simpler to eat and live better. It's healthy, fun, and easy. Inside you'll find: No dehydrator necessary! Basic preparation techniques with easy-to-find ingredients 100 delicious, simple recipes for breakfasts, soups, sides, starters, salads, main courses, snacks, and desserts Easy fermented recipes to help improve your digestion and strengthen your immune system No processed foods, trans fats, refined sugars, artificial flavorings and colorings, or preservatives €"just real, wholesome foods, made simple All gluten-free recipes, with plenty of low-sugar options The nutritional benefits to keeping foods as close to their natural state as possible How to get all of your essential nutrients from a raw diet Tips and tricks for stocking your kitchen and living the raw lifestyle Lifestyle and weight loss strategies to help you achieve vibrant health Making smart, delicious food choices in a short amount of time is now easier than ever. Raw and Simple provides easy (and incredibly tasty!) recipes that will feed your body and spirit without requiring hours of prep work. Recipes include: Oatmeal Walnut Raisin Cookies, Apple Pie Smoothie, Winterland Salad, Cucumber Basil Soup, Creamy Kale Salad with Capers and Hazelnuts, Maple-Dijon Brussels Sprouts, Thai Veggie Noodles, Root Vegetable Slaw, Cherry-Hemp Muesli, Watermelon-Fennel-Mint Chiller, Strawberry Spinach Salad with Sweet Balsamic Vinaigrette, Colorful Cabbage Salad, Cauliflower Couscous, Carrot-Ginger Coconut Soup, Orange-Cranberry-Apple Relish, Herbed Pecan Pate, Orange-Almond Truffles Raw food chef and instructor Judita Wignall fully integrates her raw food platform with holistic health and wellness. It's not just about food €"it's about feeding your whole body and fueling your life!

Choosing Raw

Normal 0 Microsoft Internet Explorer 4 Hold on to Your Buns, the Burger Revolution Has Begun! The Best Veggie Burgers on the Planet takes the popular veggie burger to the next level of freshness and flavor, with more than one hundred daringly delicious, internationally inspired vegan burgers—burgers that stack up to any patty around (meat-full or meat-free) and will wow not only your vegetarian and vegan friends, but all the skeptics too. In fact, we're pretty confident they'd top the charts in any potluck popularity contest they might find themselves in. The incredible recipes you'll find inside have been expertly designed to suit your every craving and desire, and include such favorites as: Sweet Caramelized Onion Burgers Korean BBQ Burgers Garlicky Ranch Potato Burgers Jalapeño Cornbread Burgers Curried Chickpea and Broccoli Burgers Three Pepper Stir-Fry Burgers BLT and Avocado Burgers Black Bean Tamale Burgers with Mole Sauce Oktoberfest Kraut Burgers Sun-Dried Tomato and Artichoke Burgers With The Best Veggie Burgers on the Planet, you'll find 101 ways of looking at burgers in a whole new way. Let's get this "patty" started!

An Architect's Note-Book in Spain

The ultimate guide to protein-packed, nut-filled vegan recipes! If you think nuts are just for snacking, get ready to have your world rocked! One of the most nutritious, protein-packed staples of a plant-based diet, nuts can be used in limitless

ways to create satisfying meals full of hearty flavor. From main courses, to snacks and drinks, to desserts and cheeses, nuts are used as the main building block of so many delicious vegan recipes. Vegans Go Nuts explores the many ways to cook and bake with nuts, using only vegan ingredients. From the usual suspects such as cashews and peanuts, to more underrated nuts and seeds like hemp and hazelnuts, you'll start by learning to make the essentials - nut and seed milks, butters, and flours. Accomplished authors Celine Steen and Joni Newman will show you just how versatile this staple food can be in your plant-based diet. Go nuts with 100 vegan recipes, including: Peanut Butter Farina Hazelnut Chocolate Chip Muffins Basic Chickpea Cashew Omelet Hawaiian Macadamia Tacos Simple Nutty Cheese Nut Butter Roasted Cauliflower Pistachio Orange Beet Pilaf Rocky Road Pie Make nuts the inspiration of your meal, instead of just an afterthought, with Vegans Go Nuts!

Vegans Go Nuts

A highly decorated Navy SEAL shares stories of his years of combat experience in Afghanistan, providing leadership insights that will shift your view of yourself and provoke life-altering change. Before leaving for combat in Afghanistan, Navy SEAL Thom Shea promised his wife that he would write to his children in case he didn't make it back. What was initially intended to be a private memoir for his family turned into a powerful set of lessons for anyone striving to perform beyond what they believe possible. Shea's stories, while action-packed and entertaining, provide incredible insights on leadership, family, and excellence. In Unbreakable, Shea teaches readers how to achieve and maintain a strong internal dialogue through no matter what the task. Read this book and transform your life.

The Best Veggie Burgers on the Planet

Are you craving a way to eat killer food without killing yourself, animals, or the planet? Is your brain bloated from watching cooking shows that present recipes you're never, ever going to make? Have you been searching for a way to prove to your friends that vegan food can be just as delicious, hearty, and satisfying as the meaty meals they're accustomed to? Then this is the book for you. Of his journey from watching food porn on his parents' couch to cooking in Hollywood kitchens to becoming vegan, author Brian Patton writes: My roommate said he didn't know what made me a bigger loser: that I was painstakingly preserving episodes of 30 Minute Meals or that I was trying to conceal their existence by labeling them Star Trek. Once I discovered that I could not only survive but thrive without taking the life of another being, I was sold. I was a vegan. For good. And that's how an "ordinary dude" became the Sexy Vegan and started creating "extraordinary food" with a decidedly real-meal appeal. On every page, Brian proves that seriously good food needn't be too serious.

The Complete Guide to Even More Vegan Food Substitutions

Decimated by drought, Nevada and Arizona skirmish over dwindling shares of the Colorado River, while California watches, waiting. Into the fray steps Las Vegas water knife Angel Velasquez, who "cuts" water for the Southern Nevada Water Authority and its boss, Catherine Case, ensuring that her lush, luxurious arcology developments can bloom in the desert and that anyone who challenges her is left in the gutted-suburban dust. He becomes a pawn in a game far bigger, more corrupt, and dirtier than he could have imagined.

The Water Knife

A study in emotional dislocation and renewal--Professor Godfrey St. Peter, a man in his 50's, has achieved what would seem to be remarkable success. When called on to move to a more comfortable home, something in him rebels.

Minimalist Baker's Everyday Cooking

This book, which has been prepared by an international group of experts, provides comprehensive guidance for the design, planning and implementation of assessments and monitoring programmes for water bodies used for recreation. It addresses the wide range of hazards which may be encountered and emphasizes the importance of linking monitoring progra

Outlander (20th Anniversary Edition)

In Incredible Plant-Based Desserts, Instagram star Anthea Cheng (@rainbournourishments) shares her trade-secret recipes for seriously luscious, showstopping vegan sweet treats that will delight everyone, from healthy eaters pursuing a plant-based diet to those who simply appreciate a beautifully crafted dessert. Whether you are an eager home cook or a more experienced chef, Anthea shows you that sponge cakes can still be fluffy and moist and pastry can still melt in your mouth without animal-derived ingredients. Find playful, modern spins on classic desserts, such as fail-safe tiramisu trifles topped with caramelized popcorn or Snickers transformed into a multi-layered cake with peanut brittle. For when life gets busy, simplify with recipes like three-ingredient pancakes and fruit-filled muffins. If you want something indulgent, the Homer Simpson pink donuts, baklava custard tart, and chocolate brownie peanut butter sandwich cookies are for you. You'll also find wholesome choices like a berry chocolate mousse tart and cupcakes with rainbow cashew buttercream. Anthea has carefully selected ingredients to ensure you won't accumulate odd, once-used stuff in your pantry. And with plenty of options for people avoiding gluten, refined sugar, nuts, and other common allergens, no one misses out on the deliciousness. All of the recipes have been tested and approved by vegans and non-vegans alike. Accompanied by stunning photography, these recipes will bring some magic to your every day, dinner table, or special occasion.

Unbreakable

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Raw and Simple

Now you can have your cake and eat it too! You can stay vegetarian, vegan, gluten-free, or just plain health-conscious and still eat delicious cakes, pies, compotes, crumbles, custards, sorbets, ice creams, cookies, and candies! Jennifer Cornbleet, author of the best selling Raw Food Made Easy for 1 or 2 People, shares her favorite easy no-bake treats. Learn how to:

- * Avoid white sugar, white flour, dairy products, trans-fats, saturated fats, and processed foods
- * Make easy-to-follow recipes quickly and affordably
- * Enjoy desserts for every occasion: Summer Berry Compote, Caramel Apple Stacks, Creme Brulee, Pineapple Upside Down Cake, Chocolate Cupcakes, Coconut Cream Pie, Tropical Ambrosia Tart, Pine Nut Caramels, Concord Grape Sorbet, Cookies n Cream Ice Cream, Knockout Brownie Sundae . . .

Sweetly Raw Desserts

Step-by-step, learn how to grow delicious indoor greens and baby vegetables -- in just one week from seed to salad. Includes extensive nutrition charts, seed resources, and questions and answers with Sproutman.

Sweets in the Raw

A vegan cookbook that “strives to hit the right balance between cooked and uncooked ingredients” (The Oregonian). After her health journey led her to a plant-based diet, Gena Hamshaw started a blog for readers of all dietary stripes looking for a common-sense approach to healthy eating and fuss-free recipes. Choosing Raw, the book, does in an in-depth manner what

the blog has done for hundreds of thousands of readers: addresses questions and concerns for any newcomer to veganism; makes a plant-based diet with many raw options feel easy instead of intimidating; provides a starter kit of delicious recipes; and offers a mainstream, scientifically sound perspective on healthy living. With more than 100 recipes, sumptuous food photos, and innovative and wholesome meal plans sorted in levels from newcomer to plant-based pro, Hamshaw offers a simple path to health and wellness. With a foreword by Kris Carr, New York Times–bestselling author of *Crazy Sexy Diet*, *Choosing Raw* is a primer in veganism, a cookbook, the story of one woman’s journey to health, and a love letter to the lifestyle that transformed her relationship with food. “Loaded with answers to common questions, myth-busting information about raw foods and details about ingredients and kitchen tools.” —Portland Press Herald

The Lotus and the Artichoke

Explores and brings together the existent body of knowledge on building performance analysis Building performance is an important yet surprisingly complex concept. This book presents a comprehensive and systematic overview of the subject. It provides a working definition of building performance, and an in-depth discussion of the role building performance plays throughout the building life cycle. The book also explores the perspectives of various stakeholders, the functions of buildings, performance requirements, performance quantification (both predicted and measured), criteria for success, and the challenges of using performance analysis in practice. Building Performance Analysis starts by introducing the subject of building performance: its key terms, definitions, history, and challenges. It then develops a theoretical foundation for the subject, explores the complexity of performance assessment, and the way that performance analysis impacts on actual buildings. In doing so, it attempts to answer the following questions: What is building performance? How can building performance be measured and analyzed? How does the analysis of building performance guide the improvement of buildings? And what can the building domain learn from the way performance is handled in other disciplines? Assembles the current body of knowledge on building performance analysis in one unique resource Offers deep insights into the complexity of using building performance analysis throughout the entire building life cycle, including design, operation and management Contributes an emergent theory of building performance and its analysis Building Performance Analysis will appeal to the building science community, both from industry and academia. It specifically targets advanced students in architectural engineering, building services design, building performance simulation and similar fields who hold an interest in ensuring that buildings meet the needs of their stakeholders.

The Sexy Vegan Cookbook

Chocolate Mint Meltaways. PB&J Cups. Chai Latte Lollipops. Cherry Cordials, Spicy Pralines, and the cult favorite, Beer and Pretzel Caramels. Plus candy bars—the Twist Bar, the Nutty Bar, the Coconut-Lime Bar, inspired by commercial favorites

(Snickers, Twix) but taken to new heights of deliciousness. And the French-style sea salt caramels that Daniel Boulud claimed were better than those he'd tasted in France. Yes, you really can make these sublime treats at home thanks to Liz Gutman and Jen King, the classically trained pastry chefs who traded in their toques to make candy—and now lead the candy-craft movement as proprietors of Liddabit Sweets, the Brooklyn confectionery whose products have drawn the attention of *The Early Show*, *Fox and Friends*, the *Cooking Channel*, *O, The Oprah Magazine*, *Real Simple*, *Food & Wine*, *GQ*, and more. Doing for candymaking what *Jeni's Splendid Ice Cream* did for ice cream, *The Liddabit Sweets Candy Cookbook* is the perfect marriage of sugar and spice, packed with 75 foolproof recipes, full-color photographs, and lots of attitude. The approachable recipes, offbeat humor, and step-by-step photographs remind us that home candymaking is meant to be fun. The flavor combinations, down-to-earth advice, and easy directions make this the guide to turn to whether making candy for a treat, a holiday, a gift, or a bake sale.

Strategies to Reduce Sodium Intake in the United States

Reducing the intake of sodium is an important public health goal for Americans. Since the 1970s, an array of public health interventions and national dietary guidelines has sought to reduce sodium intake. However, the U.S. population still consumes more sodium than is recommended, placing individuals at risk for diseases related to elevated blood pressure. *Strategies to Reduce Sodium Intake in the United States* evaluates and makes recommendations about strategies that could be implemented to reduce dietary sodium intake to levels recommended by the *Dietary Guidelines for Americans*. The book reviews past and ongoing efforts to reduce the sodium content of the food supply and to motivate consumers to change behavior. Based on past lessons learned, the book makes recommendations for future initiatives. It is an excellent resource for federal and state public health officials, the processed food and food service industries, health care professionals, consumer advocacy groups, and academic researchers.

The Liddabit Sweets Candy Cookbook

The latest and greatest methods for veganising anything using more natural, plant-based ingredients.

Chloe's Vegan Desserts

Twenty years ago, Gabaldon swept readers into her mesmerizing world brimming with history, romance, and adventure. To celebrate, this special commemorative edition features special production details, a brand-new letter and essay from the author, and a Random House Reader's Group Guide.

My Cousin Rosa

Features high-adrenaline vegan recipes inspired by slasher films and heavy metal music, including bike messenger brownies; crouching cornbread, hidden broccoli; and taco lasagna.

Gluten-Free Entertaining

Sweetly Raw Desserts will show you everything you need to know about making the most delicious and nutritious raw food desserts.

The Oh She Glows Cookbook

Discover the keys to a long life and optimal health at any age in this practical wellness guide and cookbook--with simple 7-ingredient recipes. Experts in food and medicine have been looking to a plant-based diet as the most holistic, effective, and universal path to health, especially when it comes to aging. This guide provides a comprehensive roadmap to staying vital and living a long life -- using plant-based cuisine and simple daily self-care rituals that boost health and support healthy functioning in the body. Written by vegan chef Mark Reinfeld and naturopathic doctor Ashley Boudet, with expert oversight from physician and author Michael Klaper, MD, each chapter in The Ultimate Age-Defying Plan describes one aspect of the human body--including mental sharpness and neurological health, cardiovascular health, bone health, eye and vision, digestive health, and protection against major diseases such as diabetes, heart disease, and certain forms of cancer. They delve into the nutrients, food, and self-care practices necessary for healing and aiding this area of the self, including a list of recipes specifically targeted toward that area. Chef Mark's easy-to-prepare recipes are all seven ingredients or less, allowing readers to go vegan without stress.

Bake and Destroy

Sprouts, the Miracle Food

If you're gluten-free, you know that parties and other gatherings can be a food conundrum. What can you prepare for your guests that everyone can enjoy, gluten-free or not? And what can you bring to parties that will please a crowd, and bring praise instead of pause? Take the fear away and fill your plate with sensational (and safe!) eats with Gluten-Free Entertaining. Author Olivia Dupin will teach you how to entertain with ease, whether you're hosting a

brunch, going to a holiday bash, or just having a casual couple's dinner at home. And with fourteen separate menus and more than 100 party-pleasing dishes, you'll find something for every taste and occasion. From Deep-Dish Ham, Artichoke and Brie Quicheto Sesame Chicken Bites and Chocolate Chip Almond Torte, all of these recipes are delicious, first and foremost, and coincidentally gluten-free, so you can make them for your own get-together, or bring them along to any gathering. Entertain with ease with Gluten-Free Entertaining!

Practically Raw

This book is appropriate for any standalone Computers and Society or Computer Ethics course offered by a computer science, business, or philosophy department, as well as special modules in any advanced CS course. In an era where information technology changes constantly, a thoughtful response to these rapid changes requires a basic understanding of IT history, an awareness of current issues, and a familiarity with ethics. Ethics for the Information Age is unique in its balanced coverage of ethical theories used to analyze problems encountered by computer professionals in today's environment. By presenting provocative issues such as social networking, government surveillance, and intellectual property from all points of view, this market-leading text challenges students to think critically and draw their own conclusions, which ultimately prepares them to become responsible, ethical users of future technologies. Teaching and Learning Experience This program presents a better teaching and learning experience—for you and your students. It will help: Encourage Critical Thinking: A balanced, impartial approach to ethical issues avoids biased arguments, encouraging students to consider and analyze issues for themselves. Keep Your Course Current and Relevant: A thoughtful response to information technology requires an awareness of current information-technology-related issues. Support Learning: Resources are available to expand on the topics presented in the text.

Fusion Food in the Vegan Kitchen

This innovative vegan cookbook combines the best of both worlds—comfort food + ethnic cuisine. The result is Fusion Food in the Vegan Kitchen, a delicious, experimental type of cooking popular in California and quickly taking the vegan world by storm. Its focus is not only on fresh, local ingredients, but also the amazing flavors found in different world cuisines. Think Korean pulled “pork” sandwiches, jalapeno mac ‘n’ cheese, and Mexican hot chocolate cake. Traditional, with a twist! Author and California native Joni Marie Newman will treat you to more than 100 innovative recipes, all featuring whole foods ingredients that can be found at almost any grocery store or farmer's market—no store-bought faux meats, mayos, cheeses, or the like. Recipes will also feature low fat, soy free, and gluten free options for those with special dietary needs. Push the envelope on taste and take plant-based cooking to a whole new level with Fusion Food in the Vegan Kitchen.

The Ultimate Age-Defying Plan

The fear of change, the fear of the unknown, the fear of never being able to eat bacon again! These are just a few of the reasons people are afraid to go vegan. Going Vegan seeks to change that, and provide a practical and easy-to-understand guidebook to fearlessly (and deliciously) transition to a plant-based way of life. Authors Joni Marie Newman and Gerrie L. Adams will effortlessly guide you through your transformation while providing support and explaining all of the advantages of a vegan diet. Revealed are truths about the health, environmental, financial, and ethical benefits in this comprehensive manual to living well. You'll also find amazing recipes for breakfast, lunch, dinner and dessert. Meals so delicious and satisfying, you won't even miss the bacon.

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