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THIRST for a HEALTHY LIFE

LOS ANGELES



Wednesday, October 12, 2011

I'm Eating What?!

This vegan food could fool a meat eater.



Followers of LA-based Spork Food, run by vegan sisters and cooking teachers Jenny Engle and Heather Goldberg, know that the duo's animal-free food isn't just tasty--it's drool-worthy. In their new **Spork-Fed cookbook**, the Spork gals detail how to whip up recipes with flavors and textures so full of pizzazz that you won't miss the meat and cheese, and neither will your friends. (Don't believe us? Just ask [these celeb sisters](#)--they wrote the forward.)

From **spicy Buffalo "wings"** and **beer-battered tempah "fish"** to **creamy mac and cheese** and **seitan Wellington with creamy spinach sauce**, there's something to satisfy every craving. There's even a Thanksgiving menu. But it's the desserts that really drive us ga-ga--especially the Crunchy Peanut Butter Bonbons, made with a secret ingredient. One guess? It's not butter.

Get their **Peanut Butter Bonbons** recipe [here](#).

Stick a spork in it.

Know someone who's going meat-free? [Send her this email!](#)

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