

Resources

Books: animal rights/ethics/Buddhism/animal emotion and behaviour

The Great Compassion: Buddhism and Animal Rights. Norm Phelps

Why we love dogs, eat pigs and wear cows. Melanie Joy

The Emotional Lives of Animals. Marc Bekoff

The Animal Manifesto: Ten Reasons for Expanding Our Compassion Footprint. Marc Bekoff

The World Peace Diet. Will Tuttle

The Exultant Ark. Jonathan Balcombe

The Pig Who Sang to the Moon. Jeffrey Masson

Eating Animals. Jonathan Safran Foer

Recipe books and more

1,000 Vegan Recipes. Robin Robertson

Vegan on the Cheap. Robin Robertson

A Vegan Taste of ... (many titles, international cooking, eg France, Eastern Europe, India...). Linda Majzlik

Vegan with a Vengeance; Vegan Brunch (etc) – Isa Chandra Moskowitz

The Complete Book of Vegan Cooking. Everything You Need to Know About Going Vegan, from Choosing Ingredients to Advice on Health and Nutrition. Tony and Yvonne Bishop-Weston

Easy Vegan. Ryland, Peters & Small

Vegan's Daily Companion: 365 Days of Inspiration for Cooking, Eating, and Living Compassionately. Colleen Patrick-Goudreau

River Cottage: Veg Every Day. Hugh Fearnley-Whittingstall. Not all vegan. One third recipes are – another third can be veganised using replacements, eg margarine/soya yoghurt/rice or soya cream/vegan cheese etc.

Websites

There is too much out there to list but here are a few of my favourites.

[Shabkar](#) Buddhist veggie site, lots of useful articles/links from many Buddhist traditions

[Vegetarian Recipe Club](#) – 100% vegan recipes; articles; blog and more

[Vegan Family House](#) – lovely wee family living in the far north-east of Scotland. Recipes, blogs, home-schooling, gorgeous pictures of the scenery... all sorts

[Frugal Vegan](#) from the Vegan Family House lot.

[Cooking for Vegans](#)

[Vegan Yum Yum](#) – be amazed...! Many of the recipes are easyish but she also has some real gourmet stuff on there. Check out the [knitted cupcakes!!!](#)

Lots of useful blogs out there too

[Vegan Buddhist](#)

[Healthy Kitschy Vegan](#) (is a Buddhist!)

[The Thinking Vegan](#)