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Aquafaba: Sweet and Savory Vegan Recipes Made Egg-Free with the Magic of Bean Water

Zsu Dever

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Aquafaba: Sweet and Savory Vegan Recipes Made Egg-Free with the Magic of Bean Water Zsu Dever Fabulous recipes using the miraculous plant-based egg replacer made from simple bean liquid.

The bean liquid we used to throw away turns out to be one of the most astonishing culinary discoveries of the decade. With its amazing egg-replacement abilities, miraculous "aquafaba" can be used as an egg-replacer to make everything from French toast to lemon meringue pie. This groundbreaking cookbook is the first to explore the many uses for aquafaba in cooking and baking. Aquafaba can be used as a binder in both sweet and savory recipes and is a boon to vegans, people with egg allergies, as well as anyone interested in innovative cooking with a magical new ingredient.

Aquafaba includes the story of how the bean liquid properties were discovered, how to use it, and how to make fabulous recipes, including:

- waffles
- crepes
- quiche
- burgers
- macarons
- marshmallows

Aquafaba can even be used to make dairy-free cheese, ice cream, butter, and so much more. The book also includes a chapter filled with recipes that use the chickpeas and beans that remain after using their liquid to make aquafaba.

The latest title by San-Diego-based author Zsu Dever (author of *Vegan Bowls* and *Everday Vegan Eats*), *Aquafab*a features Zsu's signature photography, her easy-to-follow instructions, and metric conversion charts.

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