



The Vegan Muse & Friends: A Collection of Recipes & Inspirations for the Vegan & Yogic Lifestyle

Charlie Pinkston

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The Vegan Muse and Friends was created by a yoga instructor, fearless vegan cook, and mother of two beautiful souls. This book was for people who love preparing healthy, non- processed plant-based foods, and for those who take comfort in and are inspired by an enlightened lifestyle of yoga, positive life mantras, vegan foods, and cleansing juice concoctions. However, this book does not have to be specifically for vegans or yogis. Maybe there's an interest in eliminating some of the meat and dairy in your diet, or you would like to explore a more compassionate lifestyle. Either way, the vibrantly rich and swoon-worthy recipes included in this book are sure to be fully satisfying for the mind, body, and soul.

Have a most auspicious moment with the charmed and chocolaty **Tuatha de Dannan Brownies** made with decadent brown rice syrup. You will find recipes, such as the **Boho Soup & Dumplings** made with a delicate bean base and vibrant mix of vegetables, herbs, and spices resulting in a taste that is otherworldly!

These charmed, soulful, and evocative dishes are just the beginning. The Vegan Muse was created to help you balance life with healthier versions of vegan foods and a yoga practice. This book encourages you to find peace and overall balance in your lifestyle choices, to find inspiration, and then be the inspiration!

Enlighten yourself with the compassionate words of wisdom by well-known activists/world changers from the vegan and yogic societies as they offer their intuitive information. Don't wait a minute longer to awaken your mind and heart to this community of compassionate souls. **You will know when the time has come to modify your diet, when compassion and a desire for balance becomes essential ingredients.**

You will find inspiration and enlightenment a la carte from yoginis, yogis, vegans, raw foodies, juice enthusiasts, and herbal aficionados from all around the world who offer their favorite recipes and lifestyle culture.

Cheers to your voracious vegan appetites and your conscious awakenings!

"**The Vegan Muse and Friends** is a unique guide for anyone interested in making healthier lifestyle changes. Charlie and friends offer a fun and inspirational way to incorporate healthy vegan recipes, yoga and other healthy choices through personal stories, photos and recipes. It's a great way for anyone thinking of making a change to do it in a positive and encouraging way."

-Jordan S. Rubin-Founder and CEO, Garden of Life



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