

# **Baskin Robbins Vegan Options**

## **Baskin-Robbins Vegan Options: A Sweet Treat for Everyone**

Are you vegan and craving a delicious ice cream? For years, the iconic 31 flavors of Baskin-Robbins seemed out of reach for those following a plant-based diet. But times are changing! While Baskin-Robbins doesn't boast a massive vegan menu like some competitors, they're increasingly offering options that satisfy sweet cravings without compromising your values. This comprehensive guide dives deep into the current landscape of Baskin-Robbins vegan options, helping you navigate the menu and find the perfect scoop (or two!). We'll explore the available flavors, discuss potential seasonal offerings, and offer tips for making the most of your Baskin-Robbins experience as a vegan. Let's dive into the delicious details!

### **Understanding Baskin-Robbins' Vegan Offerings: A Current Snapshot**

Baskin-Robbins' commitment to vegan options is evolving. Unlike some brands with dedicated vegan lines, their approach is more nuanced. Their core offerings generally aren't vegan, meaning dairy is a primary ingredient. However, they often feature at least one, and sometimes more, certified vegan flavors throughout the year. These are usually prominently labeled in-store and online.

The key to successfully navigating Baskin-Robbins as a vegan is being aware of these limitations and actively checking for vegan options. Don't assume anything; always double-check the ingredient list or ask a staff member. Their knowledge of ingredients varies by location, so having the ingredient information on hand is always beneficial.

### **Identifying Vegan Flavors at Baskin-Robbins: Tips and Tricks**

Baskin-Robbins' vegan options aren't always consistent across locations or seasons. The best approach is a multi-pronged strategy:

**Check the Baskin-Robbins Website and App:** Before heading to the store, check the official Baskin-Robbins website or app. They often list current flavors and highlight vegan choices. However, this information may not be updated immediately, so always confirm with the store.

**Look for Vegan Labels:** When you're in-store, look for prominent labeling indicating that a flavor is vegan. This is the most reliable method for ensuring a vegan-friendly choice.

**Ask a Staff Member:** Don't hesitate to ask a staff member. While their knowledge may vary, they are your best resource for confirming if a particular flavor meets your vegan requirements. If you're unsure, politely request to see the ingredient list.

**Be Aware of Cross-Contamination:** If you have severe allergies or sensitivities, be mindful of potential cross-contamination during preparation. Inquire about their scoop cleaning procedures to

ensure your ice cream is free from dairy traces.

## **Beyond the Scoop: Vegan-Friendly Add-ins and Considerations**

While the core ice cream is the star, let's not forget the extras! Baskin-Robbins' add-ins can sometimes impact the vegan status of your dessert. For example:

**Cone Options:** Many of their cones are likely to be suitable for vegans. However, always check the ingredients to ensure there are no hidden dairy or other non-vegan components.

**Toppings:** This is where things get tricky. Many toppings, such as chocolate shavings or certain sauces, may contain dairy or other non-vegan ingredients. Always inquire before adding them to your order.

**Dietary Restrictions Beyond Veganism:** Be sure to mention any other dietary restrictions or allergies you have. The staff can help you find the most appropriate and safest option.

## **Seasonal Vegan Surprises: Keeping an Eye Out for Limited-Time Offers**

Baskin-Robbins frequently introduces limited-edition flavors. While not all are vegan, some seasonal offerings may surprise you with delicious plant-based options. Keeping an eye on their website, social media, and in-store promotions can lead to exciting vegan discoveries. Don't be afraid to ask about upcoming or past seasonal flavors that might have had vegan versions.

## **Making the Most of Your Vegan Baskin-Robbins Experience**

The key to enjoying Baskin-Robbins as a vegan is preparation and communication. By utilizing the tips and strategies above, you can significantly increase your chances of finding a delicious, vegan-friendly treat. Don't be discouraged if your local store has limited options; remember that their offerings are constantly evolving.

## **Ebook Chapter Outline: "Baskin-Robbins Vegan Options: A Sweet Treat for Everyone"**

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**Introduction:** Hooking the reader with the challenge of finding vegan ice cream at Baskin-Robbins and promising a solution.

Chapter 1: Navigating the Baskin-Robbins Menu for Vegan Options: Discussing the current state of vegan options and how to identify them.

Chapter 2: Tips and Tricks for Finding Vegan Ice Cream at Baskin-Robbins: Providing practical advice for in-store and online searches.

Chapter 3: Add-ins and Toppings: Maintaining Vegan Integrity: Exploring the potential impact of add-ins on vegan status.

Chapter 4: Seasonal Surprises: Limited-Time Vegan Flavors: Highlighting the importance of keeping an eye out for seasonal offerings.

Conclusion: Reinforcing the message that Baskin-Robbins is becoming increasingly vegan-friendly and encouraging readers to enjoy their experience.

## **Detailed Chapter Breakdown:**

(This section would expand each point in the above outline into a more detailed chapter, mirroring the content already provided in the main article.) For example, Chapter 1 would delve deeper into the challenges faced by vegans at Baskin-Robbins, provide examples of past vegan offerings, and explain the reasons behind the inconsistent availability of vegan options. Chapter 2 would elaborate on each tip and provide real-world examples and scenarios. Chapters 3 and 4 would follow a similar structure, providing richer detail and examples.

## **FAQs:**

1. Does Baskin-Robbins always have vegan options? No, the availability of vegan options varies by location and season.
2. How can I be sure an ice cream flavor is vegan? Check the label in-store, or use the Baskin-Robbins app or website, but always confirm with a staff member.
3. What should I do if my local store doesn't have vegan ice cream? Check back at different times, or try contacting Baskin-Robbins customer service to inquire.
4. Are Baskin-Robbins cones vegan? Many are, but always check the ingredient list to be sure.
5. Are Baskin-Robbins toppings generally vegan? No, many toppings contain dairy or other non-vegan ingredients. Always check before adding them.
6. What if I have other dietary restrictions besides veganism? Be sure to communicate all your dietary requirements to the staff.
7. Can I order vegan ice cream online for delivery from Baskin-Robbins? This depends on your location and the availability of vegan options in your area. Check their website or app.
8. Are there any vegan sorbet options at Baskin-Robbins? Sorbet is naturally vegan, but always check the ingredients to confirm no dairy or other non-vegan ingredients have been added.
9. How often does Baskin-Robbins update its vegan offerings? This varies; it is best to check regularly.

## Related Articles:

1. Best Vegan Ice Cream Brands in America: A comparison of various vegan ice cream brands.
2. Top 10 Vegan Desserts for Summer: A list of delicious vegan dessert options perfect for hot weather.
3. Easy Vegan Ice Cream Recipes to Make at Home: A guide to making vegan ice cream at home.
4. Vegan Ice Cream vs. Dairy Ice Cream: A Nutritional Comparison: A detailed breakdown of the nutritional differences.
5. Hidden Dairy in Unexpected Foods: An awareness guide to hidden dairy in various foods.
6. Understanding Food Labels and Vegan Ingredients: A complete guide to navigating food labels.
7. Vegan-Friendly Restaurants Near Me: A tool to help users find vegan restaurants near them.
8. The Rise of Veganism in the US: An overview of the growing vegan trend in the US.
9. The Complete Guide to Vegan Living: A comprehensive resource for everything vegan.

**baskin robbins vegan options:** *Go Dairy Free* Alisa Fleming, 2018-06-12 If ONE simple change could resolve most of your symptoms and prevent a host of illnesses, wouldn't you want to try it? Go Dairy Free shows you how! There are plenty of reasons to go dairy free. Maybe you are confronting allergies or lactose intolerance. Maybe you are dealing with acne, digestive issues, sinus troubles, or eczema—all proven to be associated with dairy consumption. Maybe you're looking for longer-term disease prevention, weight loss, or for help transitioning to a plant-based diet. Whatever your reason, Go Dairy Free is the essential arsenal of information you need to change your diet. This complete guide and cookbook will be your vital companion to understand dairy, how it affects you, and how you can eliminate it from your life and improve your health—without feeling like you're sacrificing a thing. Inside: • More than 250 delicious dairy-free recipes focusing on naturally rich and delicious whole foods, with numerous options to satisfy those dairy cravings • A comprehensive guide to dairy substitutes explaining how to purchase, use, and make your own alternatives for butter, cheese, cream, milk, and much more • Must-have grocery shopping information, from sussing out suspect ingredients and label-reading assistance to money-saving tips • A detailed chapter on calcium to identify naturally mineral-rich foods beyond dairy, the best supplements, and other keys to bone health • An in-depth health section outlining the signs and symptoms of dairy-related illnesses and addressing questions around protein, fat, and other nutrients in the dairy-free transition • Everyday living tips with suggestions for restaurant dining, travel, celebrations, and other social situations • Infant milk allergy checklists that describe indicators and solutions for babies and young children with milk allergies or intolerances • Food allergy- and vegan-friendly resources, including recipe indexes to quickly find gluten-free and other top food allergy-friendly options and fully tested plant-based options for every recipe

**baskin robbins vegan options:** *The 30-Day Vegan Meal Plan for Beginners* Eddie Garza, Lauren Pitts MA, RD, 2021-02-09 A delicious, doable vegan meal plan with dietician-approved recipes Make it simple to serve up flavorful foods you can feel good about. The 30-Day Vegan Meal Plan for Beginners is the ultimate starter guide, offering 100 recipes and a monthlong plan for adopting a vegan diet. Empower yourself with this vegan cookbook featuring a professionally curated menu that's healthier for you and the world around you. This top choice among vegan cookbooks includes: Hearty, varied meals—Discover recipes packed with wholesome ingredients like vegetables, beans, tofu, nuts, and whole grains sure to leave you satisfied. Vegan basics—Get a crash course in exactly what veganism means as well as how it can help you, animals, and the planet. Easy shopping—Weekly grocery lists and handy tips for shopping vegan ensure you always have the right ingredients on hand. Go beyond other vegan cookbooks with recipes and a meal plan that make it easy and delicious to eat plant-based.

**baskin robbins vegan options: Living Vegan For Dummies** Cadry Nelson, 2023-12-19 Vegan diet, nutrition, and lifestyle, demystified Living Vegan For Dummies provides a practical look at veganism for those who have already embraced the lifestyle, for anyone who is on the fence about trying it, or for those who want to understand the choices of the vegans in their midst. You'll learn what it means to be vegan and why this animal-friendly diet is on the rise. Discover tasty vegan ingredients and easy recipes, money-saving tips, advice for talking to people about veganism, and ideas for dealing with the skeptics. If you're ready to start transitioning to a vegan way of life, you'll love this book's simple action plans for making the switch—and making it stick. With this friendly Dummies guide, you've got answers to all your questions. Learn what veganism is, how it's different from vegetarianism, and why people choose to "go vegan" Decide whether veganism is for you and get pointers on cutting out animal products Help friends and loved ones understand your dietary and lifestyle choices Get ideas for vegan cooking, eating out, and being vegan on a budget Living Vegan For Dummies is a valuable resource for anyone who practices or is considering veganism, as well as their friends and family who want to know more about the lifestyle.

**baskin robbins vegan options: Vegan Family Style** Kasha Lindley, 2021-01-20 Have you ever had an interest in going Vegan, but you have a family to provide for and aren't sure how to include them? Are you done with over the top recipes for every day cooking? Perhaps you have been Vegan for a while but don't really know how to celebrate those special holidays with the family. Vegan Family Style is a simple, family orientated, old-fashioned tale in a modern world of cooking. Take this book with you on your journey with food from all around the world. Enjoy as you, and your family, eat REAL whole foods together. Whether it's Eid, Christmas or just a Friday afternoon, Vegan Family Style will bring you to your final destination. This family-styled cookbook was inspired by the author's own Veggie Journey which started as a life-style change and became an obsession. With a family of 6, however, this obsession needed refining. Now, after going through multiple cooking courses through Rouxbe Academy, your author has not only rehabilitated her body that had been plagued by inflammation, but has also polished her skills in order to convey recipes that are simple, smart, intellectual and fun. You may be Vegan, you may have a family; now you get to be, "Vegan Family Style".

**baskin robbins vegan options: Starbucks** Marie A. Bussing, 2021-11-05 Since its humble beginnings at Seattle's Pike Place Market in 1971, Starbucks has grown to become an industry leader and household name. This book takes an in-depth look at the evolution of this dynamic and sometimes controversial corporation. Americans drink 400 million cups of coffee every day, and many of them come from the thousands of Starbucks coffeehouses across the country. But how much do you really know about the place you get your morning cup of Joe? Part of Greenwood's Corporations That Changed the World series, this book provides readers with a richly detailed history of this famous coffeehouse chain. It traces Starbucks's meteoric rise from a small Seattle-based company to an international powerhouse, chronicling how the changing executive leadership affected corporate strategy and direction. It also explores how Starbucks has embraced and incorporated new technologies and innovations, as well as how the corporation has shaped and been shaped by important social causes. An unbiased look at the controversies that have surrounded Starbucks over the years will help readers better understand these contentious issues. This updated and expanded edition includes new chapters, current financial data, and coverage of the COVID-19 pandemic's impact on the company.

**baskin robbins vegan options: The Food Revolution** John Robbins, 2010-09-15 The tenth anniversary edition of an essential text on food politics: "Well researched and lucidly written . . . This book is sure to spark discussion" (Publishers Weekly). When John Robbins first released The Food Revolution in 1987, his insights into America's harmful eating habits gave us a powerful wake-up call. Since then, Robbins has continued to shine a spotlight on the most important issues in food politics, such as our dependence on animal products, provoking awareness and promoting change. Robbins's arguments for a plant-based diet are compelling and backed by over twenty years of work in the field of sustainable agriculture and conscious eating. This timely new edition will enlighten

those curious about plant-based diets and fortify the mindsets of the already converted.

**baskin robbins vegan options: Vegetarian Times**, 1989-08 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

**baskin robbins vegan options: Vegan Ice Cream** Jeff Rogers, 2014 More than 90 ice cream recipes using all-vegan ingredients, plus recipes for raw vegan ice creams and sauces--

**baskin robbins vegan options: The New Good Life** John Robbins, 2010-05-25 How do you define the good life? For many, success is measured not by health and happiness but by financial wealth. But such a worldview overlooks the important things in life: personal contentment, family time, spirituality, and the health of the planet and those living on it. A preoccupation with money and possessions is not only unhealthy, it can also drain the true joy from life. In recent years, millions have watched their American Dreams go up in smoke. The international financial collapse, inflation, massive layoffs, and burgeoning consumer debt have left people in dire financial straits—including John Robbins, a crusader for planet-friendly food and lifestyle choices, who lost his entire savings in an investment scam. But Robbins soon realized that there was an upside to our collective financial downturn: Curtailed consumerism could lead us to reassess our lives and values. The New Good Life provides a philosophical and prescriptive path from conspicuous consumption to conscious consumption. Where the old view of success was measured by cash, stocks, and various luxuries, the new view will be guided by financial restraint and a new awareness of what truly matters. A passionate manifesto on finding meaning beyond money and status, this book delivers a sound blueprint for living well on less. Discover how to • create your own definition of success based on your deepest beliefs and life experience • alleviate depression, lower blood pressure, and stay fit with inexpensive alternatives for high-cost medications • develop a diet that promotes better health—and saves you money • plan for—and protect yourself from—future economic catastrophes • cut down on your housing and transportation costs • live frugally without deprivation • follow in the footsteps of real people who have effectively forged new financial identities The New Good Life provides much-needed hope and comfort in a time of fear and uncertainty. Here is everything you need to develop high-joy, low-cost solutions to life's challenges. Practical and timely, this book equips you with the skills needed not only to survive but to thrive in these challenging times.

**baskin robbins vegan options: No Happy Cows** John Robbins, 2012-04-01 The journalist and author of The Food Revolution offers a collection of essays on food politics, sustainability, and revolution. With words like food additives, GMOs, and Big Food buzzing around, it's getting harder to choose what to eat. Even the most well-informed eaters could learn a thing or two about real food and the food system. Gathering and updating articles from his Huffington Post column, celebrated food politics journalist John Robbins presents his most recent observations along with never before published material. With commentaries on what we should and shouldn't eat, Robbins brings us to the frontlines of today's food revolution. From his undercover investigations of feedlots and slaughterhouses, to the slave trade behind chocolate and coffee, he gives readers a look into the importance of working for a more compassionate and environmentally responsible world. In No Happy Cows, you'll learn about: • Greed and salmonella • Soy and Alzheimer's • Vitaminwater deception • And much more!

**baskin robbins vegan options: Skinny Bitch Book of Vegan Swaps** Kim Barnouin, 2024-06-04 From the #1 New York Times-bestselling coauthor of Skinny Bitch, earth-friendly meat- and dairy-free alternatives for all your cooking and dining needs. Thinking of going vegan? Nutritionist Kim Barnouin makes becoming vegan a no-brainer with this handy reference book featuring vegan ingredient substitutes for all your favorite recipes. There's even a helpful guide to eating vegan while dining out—or while stuck at the airport. For the vegan-curious, Barnouin offers a weekend menu plan filled with meal and snack ideas that will make vegan nutrition fun and easy. With everything from label-decoding guidelines to recipe ideas and shopping tips, Skinny Bitch Book of

Vegan Swaps will make living a healthy and sustainable lifestyle easier than ever! Praise for Kim Barnouin "I absolutely love how Kim has made vegan cooking so simple and delicious." —Sophie Uliano, author of *Gorgeously Green on Skinny Bitch: Ultimate Everyday Cookbook* "Chapter by chapter, [Barnouin] calls out nasty and/or cruel ingredients . . . offering planet- and human-friendly alternatives." —Publishers Weekly on *Skinny Bitch: Home, Beauty & Style*

**baskin robbins vegan options:** *Vegetarian Times*, 1989-08 To do what no other magazine does: Deliver simple, delicious food, plus expert health and lifestyle information, that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth-friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both.

**baskin robbins vegan options: Diet for a New America** John Robbins, 2011-03-09 Did you know that the leading killer in America, cardiovascular disease, is directly linked to meat consumption? Or that you save more water by not eating one pound of beef than you would by not showering for a whole year? *Diet for a New America* simply and eloquently documents these ecological concerns and more, as well as the little-known horrors that animals experience during factory farming. Few of us are aware that the act of eating can be a powerful statement of commitment to our own well-being, and at the same time to the creation of a healthier world. In *Diet for a New America*, you will learn how your food choices can provide ways to enjoy life to the fullest, while making it possible that life, itself, might continue. Heeding this message is without a doubt one of the most practical, economical, and potent things you can do today to heal not only your own life, but also the ecosystem on which all life depends. Reading this book will change your life.

**baskin robbins vegan options: Whitewash** Joseph Keon, 2010-11-23 North Americans are some of the least healthy people on Earth. Despite advanced medical care and one of the highest standards of living in the world, one in three Americans will be diagnosed with cancer in their lifetime and 50% of US children are overweight. This crisis in personal health is largely the result of chronically poor dietary and lifestyle choices. In *Whitewash*, Joseph Keon unveils how North Americans unwittingly sabotage their health every day by drinking milk, and shows that our obsession with calcium is unwarranted. Citing scientific literature, *Whitewash* builds an unassailable case that not only is milk unnecessary for human health; its inclusion in the diet may increase the risk of serious diseases including: prostate, breast, and ovarian cancers osteoporosis diabetes vascular disease Crohn's disease. Many of America's dairy herds contain sick and immunocompromised animals whose tainted milk regularly makes it to market. Cow's milk is also a sink for environmental contaminants, and has been found to contain traces of pesticides, dioxins, PCBs, rocket fuel, and even radioactive isotopes. *Whitewash* offers a completely fresh, candid and comprehensively documented look behind dairy's deceptively green pastures, and gives readers a hopeful picture of life after milk.

**baskin robbins vegan options: Eating Expectantly** Bridget Swinney, Tracey Anderson, 1996 Reviews nearly every aspect of nutrition, from prepregnancy planning to the postnatal period. Combines information on proper nutrition with over 100 practical recipes and 200 complete menus. Details dietary information for each trimester, with tips on shopping and cooking, including how to cook and store foods so as to preserve the natural vitamins; how to make meal planning easier; what to do about eating during high-risk pregnancies; how to add variety and nutrition to snacks; how to lose weight after the baby is born; etc.

**baskin robbins vegan options: UCLA 2012** Suzy Strutner, 2011-03-15

**baskin robbins vegan options: Indianapolis Monthly**, 2001-01 *Indianapolis Monthly* is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

**baskin robbins vegan options: The Hard Crowd** Rachel Kushner, 2021-04-06 A career-spanning anthology of essays on politics and culture by the best-selling author of *The*

Flamethrowers includes entries discussing a Palestinian refugee camp, an illegal Baja Peninsula motorcycle race, and the 1970s Fiat factory wildcat strikes.

**baskin robbins vegan options: Vegetarian Restaurants & Natural Food Stores** John Howley, 2002 A vegetarian for over 20 years, John Howley visited numerous vegetarian eateries and natural food stores during his extensive travels throughout the US. He has authored two previous travel guides.

**baskin robbins vegan options: The Prairie Homestead Cookbook** Jill Winger, 2019-04-02 Jill Winger, creator of the award-winning blog The Prairie Homestead, introduces her debut The Prairie Homestead Cookbook, including 100+ delicious, wholesome recipes made with fresh ingredients to bring the flavors and spirit of homestead cooking to any kitchen table. With a foreword by bestselling author Joel Salatin The Pioneer Woman Cooks meets 100 Days of Real Food, on the Wyoming prairie. While Jill produces much of her own food on her Wyoming ranch, you don't have to grow all—or even any—of your own food to cook and eat like a homesteader. Jill teaches people how to make delicious traditional American comfort food recipes with whole ingredients and shows that you don't have to use obscure items to enjoy this lifestyle. And as a busy mother of three, Jill knows how to make recipes easy and delicious for all ages. Jill takes you on an insightful and delicious journey of becoming a homesteader. This book is packed with so much easy to follow, practical, hands-on information about steps you can take towards integrating homesteading into your life. It is packed full of exciting and mouth-watering recipes and heartwarming stories of her unique adventure into homesteading. These recipes are ones I know I will be using regularly in my kitchen. - Eve Kilcher These 109 recipes include her family's favorites, with maple-glazed pork chops, butternut Alfredo pasta, and browned butter skillet corn. Jill also shares 17 bonus recipes for homemade sauces, salt rubs, sour cream, and the like—staples that many people are surprised to learn you can make yourself. Beyond these recipes, The Prairie Homestead Cookbook shares the tools and tips Jill has learned from life on the homestead, like how to churn your own butter, feed a family on a budget, and experience all the fulfilling satisfaction of a DIY lifestyle.

**baskin robbins vegan options: The 31-Day Food Revolution** Ocean Robbins, 2019-02-05 The 31-Day Food Revolution is an eater's guide to liberation from a toxic food world. It presents an action plan for eating food that is healthy, humane, sustainable and delicious. Follow Ocean's simple and affordable step-by-step actions and discover amazing secrets along the way, including how to stop food cravings, what the best snack foods are, time-saving habits and what's hiding in your food labels. In just 31 days you can: • use the restorative power of foods to heal your gut • lose excess weight • dramatically lower the risk of diseases including cancer, heart disease, dementia and diabetes • contribute to a healthier planet Focusing on whole foods, plant-powered eating, cutting out sugar and improving overall nutrition, this book is a road map to a healthier life and a healthier world.

**baskin robbins vegan options: Fueling the Teen Machine** Ellen Shanley, RD, CD-N, MBA, 2010-10-01 Addressing the growing trend of teenagers whose eating habits keep fast-food restaurants flourishing but do little to keep the kids themselves healthy and in shape, this guide presents teens with the latest information on a wide range of food topics. With sensitive language, the authors, both registered dietitians, cover everything from carbohydrates and vitamins to eating disorders and vegetarianism, along with the ultimate new frontier for busy teens—cooking it themselves.

**baskin robbins vegan options: Healthy at 100** John Robbins, 2006 Introduces a new paradigm of aging that examines four native cultures distinguished by their longevity and good health to determine those factors—including diet, exercise, and emotional well-being—that can add years to one's life.

**baskin robbins vegan options: Los Angeles Street Food** Farley Elliott, 2015 Los Angeles is the uncontested street food champion of the United States, and it isn't even a fair fight. Millions of hungry locals and wide-eyed tourists take to the streets to eat tacos, down bacon-wrapped hot dogs and indulge in the latest offerings from a fleet of gourmet food trucks and vendors. Dating back to

the late nineteenth century when tamale men first hawked their fare from pushcarts and wagons, street food is now a billion-dollar industry in L.A.--and it isn't going anywhere! So hit the streets and dig in with local food writer Farley Elliott, who tackles the sometimes dicey subject of street food and serves up all there is to know about the greasy, cheesy, spicy and everything in between.

**baskin robbins vegan options: *Eat Dairy Free*** Alisa Fleming, 2018-01-09 What's the one thing that plant-based, paleo, and several whole food diets all agree on? Eating dairy free! For millions of people, this one simple change—cutting out milk and other dairy products—has resolved most, if not all, of their adverse health symptoms and helps to reduce the risk of many common medical concerns, including allergies, skin conditions, and even cancer. And it's easier than you might think. *Eat Dairy Free* is the cookbook you've been craving to enjoy a dairy-free diet without special substitutes. Alisa Fleming, author of the bestselling dairy-free guide and cookbook *Go Dairy Free*, shares more than 100 recipes for satisfying yet nutritious dairy-free breakfasts, lunches, dinners, snacks, and healthier desserts that use regular ingredients. Completely free of milk-based ingredients, including casein, whey, and lactose, these recipes are safe for those with milk allergies and other dairy-related health issues. And for those with further special diet needs, every recipe has fully tested gluten-free and egg-free options, and most have soy- and nut-free preparations, too. Inside, discover delectable dishes such as: • Mushroom-Pesto Pizza • Shake & Bake Buttermilk Chicken • Peanut Power Protein Bars • Chocolate Banana Split Muffins • Southwestern Sunrise Tacos • Milk Chocolate Cupcakes • Cheesy Twice-Baked Potatoes • Strawberry Cheeseshakes Live well and eat dairy free!

**baskin robbins vegan options: *Voices of the Food Revolution*** John Robbins, Ocean Robbins, 2013-05-06 Conversations about the power of plant-based diets with Bill McKibben, Marianne Williamson, Neal Barnard, and others: “Empowering.” —Paul McCartney In this book, the bestselling author of the “groundbreaking” *Diet for a New America* (Mark Bittman, *The New York Times*), John Robbins, in collaboration with his daughter, presents a collection of interviews with prominent figures exploring the connections among diet, physical health, animal welfare, world hunger, and environmental issues. With the inclusion of resources and practical suggestions to help you revolutionize your own eating habits and make a difference, this book features conversations with Dean Ornish, MD; Raj Patel; Morgan Spurlock; Vandana Shiva; Frances Moore Lappe; and others.

**baskin robbins vegan options: *Chocolate-Covered Katie*** Katie Higgins, 2015-01-06 From one of the top 25 food websites in America and the queen of healthy desserts,” Katie Higgins, comes *Chocolate Covered Katie's* first cookbook with 80 never-before-seen recipes, such as Chocolate Obsession Cake, Peanut Butter Pudding Pops, and Ultimate Unbaked Brownies (*Glamour* magazine)! What if you CAN eat all of your favorite desserts . . . and still be healthy and fit into your skinny jeans? Meet Katie: a girl who eats chocolate every day and sometimes even has cake for breakfast! When Katie's sugar habit went too far in college and left her lacking energy, she knew something needed to change. So she began developing her own naturally sweet recipes and posting them online. Soon, Katie's healthy dessert blog had become an Internet sensation, with over six million monthly visitors. Using only real ingredients, without any unnecessary fats, sugars, or empty calories, these desserts prove once and for all that health and happiness can go hand-in-hand—you can have your dessert and eat it, too!

**baskin robbins vegan options: *Discovering the Word of Wisdom*** Jane Birch, 2013-11-26 This book is a lively exploration of the amazing revelation known to Mormons as the “Word of Wisdom.” It counsels us how and what we should eat to reach our highest potential, both physically and spiritually. New and surprising insights are presented through the perspective of what has been proven to be the healthiest human diet, a way of eating supported both by history and by science: a whole food, plant-based (WFPB) diet. WFPB vegetarian diets have been scientifically proven to both prevent and cure chronic disease, help you achieve your maximum physical potential, and make it easy to reach and maintain your ideal weight. In this book, you'll find the stories of dozens of people who are enjoying the blessings of following a Word of Wisdom diet, and you'll get concrete advice on how to get started! You will discover: What we should and should not eat to enjoy maximum physical

health. How food is intimately connected to our spiritual well being. Why Latter-day Saints are succumbing to the same chronic diseases as the rest of the population, despite not smoking, drinking, or doing drugs. How the Word of Wisdom was designed specifically for our day. How you can receive the “hidden treasures” and other blessings promised in the Word of Wisdom. Why eating the foods God has ordained for our use is better not just for our bodies, but for the animals and for the earth. You may think you know what the Word of Wisdom says, but you’ll be amazed at what you have missed. Learn why Mormons all over the world are “waking up” to the Word of Wisdom!

**baskin robbins vegan options:** *The Happy Vegan* Russell Simmons, Chris Morrow, 2015-11-03 Master entrepreneur, original hip-hop mogul, and three-time New York Times bestselling author Russell Simmons offers an inspiring guide to the benefits of conscious eating and veganism In the New York Times bestseller *Success Through Stillness*, Russell Simmons shared how meditation can be used as a powerful tool to access potential in all aspects of life, having seen himself how achieving inner peace led to outward success. In *The Happy Vegan*, Simmons shares how once he started practicing yoga and meditation, he became more conscious of his choices, particularly the choices he made regarding his diet. Simmons first adopted a vegetarian and then vegan diet, and almost immediately began to experience the physical, mental, and emotional benefits of eating green and clean. He delves into research about mindful eating, the links between stress and poor eating habits, the importance of listening to your body, the well-documented problems associated with eating animal products and processed foods, along with tips on how to transition to a vegan diet. Drawing on his own experience, the experiences of others, and science and research on the health benefits of conscious eating and veganism, *The Happy Vegan* is an accessible and inspiring guide to help others make the move toward a vegan diet and a more successful, focused, and purposeful life.

**baskin robbins vegan options:** *Fast Food Nation* Eric Schlosser, 2012 An exploration of the fast food industry in the United States, from its roots to its long-term consequences.

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what you're getting from a store-bought item unless you become an expert in analyzing labels. When you're in the supermarket, it's almost impossible to avoid buying a prepared item that doesn't contain animal-based by-products. In their new book, *DIY Vegan: More than 100 Easy Recipes to Create an Awesome Plant-based Pantry*, Lisa and Nichole show readers how easy it is to make their own vegan pantry staples at home. Using easy-to-find whole food ingredients that amp up flavors and nutrition, they've created over one hundred recipes that will stock pantry shelves, refrigerators and freezers: vegan milks, ice creams and butters made from a variety of nuts and seeds, home-ground flours, yummy sauces and spreads, snack foods (including a recipe for incredibly delicious vegan Pop Tarts) and an array of artisanal make-them-yourself cheeses. There's even a recipe for that beloved orange cheese sauce that coats everyone's favorite boxed mac and cheese! All of the recipes are vegan. Some are gluten-free and some are from their list of raw food favorites. Whether you are vegan, vegetarian or someone just wanting to kick the packaged-food habit, *DIY Vegan* by Nicole Axworthy and Lisa Pitman will show you how to create an awesome, more compassionate kitchen powered by a pantry filled with healthy, homemade, plant-based staples.

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