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VegNews

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(p. 24)

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5
Vegan
Bakeries



Ann Gentry

Founder, Real Food Daily,
Los Angeles, and Author of the
Real Food Daily Cookbook

Pantry Must-have:

Earth Balance spread

Kitchen Tool Essential:

Good, sharp knife

"For years, my husband and I came home to empty cupboards because we ate at the restaurant, but now that I have kids, I have to have food in the house. Kids are particular; they won't eat leftovers. Something inside them knows that fresh equals quality."

Gentry keeps Earth Balance spread, coconut oil, agave, Veganaise and mustard, and even a few pre-made sauces like teriyaki on hand. She checks her pantry at least once a month and replaces grains and beans, and shops often at the farmers' market.

"I can put quinoa, couscous or millet on to cook, then steam, sauté or roast vegetables, make salad and then go back and make a quick plant protein, like tempeh with tamari, ginger, miso or mirin, all in about 45 minutes. It's nourishing to your soul. I can be in a funky mood and go into the kitchen and it will change."

Ann Gentry