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Cooking By Mielle Chénier-Cowan Rose, John Robbins**

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MIELLE CHÉNIER-COWAN ROSE has been a vegan chef and advocate for natural living for over 15 years. She studied healing foods and culinary nutrition at

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"Veganish is the perfect guide for meat-eaters who want to cook for vegetarian or vegan friends, or for those who want to ease into a plant-based lifestyle

Even omnivores can reap big benefits from "veganish" eating

Chenier-Cowan Rose recently published Veganish: The Omnivore's Guide to Plant-Based Cooking, an endlessly helpful guide to for those looking to eat less

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