



Attila Hildmann  
**VEGAN FOR FUN**  
 Modern Vegetarian Cuisine

English

192 pages  
 Photos: Simon Vollmeyer, Sandra Czerny  
 Food styling: Johannes Schalk  
 Large format: 23.5 x 28 cm (9¼ x 11 inches)  
 86 photos, hardcover with dust jacket

ISBN 978-3-95453-011-3  
**U.S. Retail Price: \$34.99**

**BECKER  
 JOEST  
 VOLK  
 VERLAG**  
[www.bjv-books.com](http://www.bjv-books.com)

Press Contact:  
 451 Marketing  
 AJ Feuerman  
[afeurman@451marketing.com](mailto:afeurman@451marketing.com)  
 Phone: 1-818-912-0300

## CONTENT

### Modern Vegetarian Cuisine by Attila Hildmann

With his non-dogmatic views, Attila Hildmann represents a new generation of people who want to eat healthy foods that are free of factory farming and products manipulated by the food industry. He believes that everyone who eats vegan one or two days a week or has one vegan meal a day will experience significant health benefits and a greater quality of life. The best example of the healthy benefits of a vegan diet is Attila Hildmann himself. He went from being a significantly overweight young man, who as he today says lacked motivation, to a model athlete full of energy within just a few years.

Attila is even able to easily conjure up hearty flavors like those you are familiar with from meat. And his recipes are often incredibly simple. Many of the recipes work well as snacks or for the office, and they'll add healthy variety to your diet. After trying recipes like vegan burgers, spaghetti carbonara, cashew ice cream, pralines, and tasty smoothies, people with a normal diet will soon become fans of healthy foods that don't contain cholesterol, hormones, antibiotics, flavor enhancers, or other additives.

## AUTHOR

### Attila Hildmann

Since 2011, Attila Hildmann has revolutionized the German-language cooking and diet book market, which is the second largest in the world after the U.S. Attila is now one of the most popular talk show guests and can be seen in the media almost every day. His own transformation from a lazy chubby guy (Attila about himself) to a model athlete in top physical form as led people to follow his example—after all, it was his father's early diet-related death that motivated him to take action. Attila Hildmann's recipes are inspiring huge numbers of people who always wanted to do something for their health, but were never able to follow through. The aspiring physicist and fitness fan has revolutionized vegan cuisine with his message that a vegan diet is not only healthy, but also full of variety, creative, and delicious.



## HIGHLIGHTS

- ★ Also perfect for non-vegans, who want to have a more balanced and healthier diet
- ★ 50 delicious recipes and lots of information about vegan cooking
- ★ Bestseller for two years, ever-increasing demand

