



# The Vintage Vegan: The Art of Vegan Tea Hosting

*James Spencer*

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## **The Vintage Vegan: The Art of Vegan Tea Hosting** James Spencer

The Vintage Vegan: The Art of Vegan Tea Hosting is the first book on the market to contain nearly two hundred delicious and unique vegan recipes for: tea sandwiches, canapes, soups, salads, desserts and beverages for a plethora of tea gatherings. The book includes gluten-free, no-oil, and no sugar alternatives. The book presents thirty theme teas with suggested menus, suggestions for music and decorations as well as which teas pair best with the cuisine presented. There is a question and answer sections addressing the most common historical questions about tea as well as brew times and water temperatures. James Spencer presents a brief background on his own journey to veganism and tea hosting and the emerging "vintage vegan" tea movement that is developing internationally. Many of the recipes in this book are simple enough for children to prepare and most recipes are excellent healthy choices for everyday lunches and dinners. James Spencer is an internationally recognized concert pianist and recording artist. He is the founder of Spencer Music and Artist Development located in Belmont Shore, California. Mr Spencer coaches students of all ages in studies in the following: piano, digital keyboard, voice, acting, strings, music theory, music history, music therapy and meditation. As a nutritionist and tea enthusiast, James has spent nearly twenty years study tea history, traveling to tearooms around the US and Canada, and exploring tea recipes with a group he started in 2014: "THE VINTAGE VEGANS": tea enthusiasts dedicated to veganism and creating healthier alternatives for those who love high tea, afternoon tea and tea parties. Mr. Spencer loves to hear from other "vintage vegans" around the world. You may send your tea questions, recipes, comments, photos of your tea gatherings and suggestions to Mr. Spencer directly at: [spencermusicschool@gmail.com](mailto:spencermusicschool@gmail.com) Or feel free to visit [jamesrspencer.com](http://jamesrspencer.com) for information on book signings, lectures, concerts, album releases are studies with Mr. Spencer. James Spencer is also resident artist at Hinchee House, Beaumont, Texas. This beautiful Queen Anne Victorian mansion is currently under restoration efforts. Upon completion it will be the site of a music conservatory and weekend tea room dedicated to the vintage vegan movement. to support restoration efforts visit <http://www.hincheehouse.com>.

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