



Vegan Cooking For Dummies

By Alexandra Jamieson

John Wiley and Sons Ltd. Paperback. Book Condition: new. BRAND NEW, Vegan Cooking For Dummies, Alexandra Jamieson, An authoritative resource on making delicious, healthyvegan-friendly meals Veganism is a lifestyle abstaining from the consumption of meat,poultry, dairy products, eggs, and all foods originating fromanimals. The perfect companion to Living Vegan For Dummies,Vegan Cooking For Dummies provides vegans, and those thinkingabout becoming vegan, with more than 100 healthy and hearty veganrecipes. * Features vegan recipes including entrees, appetizers, desserts,sweet treats, snacks, and lunchbox fare * An 8-page insert showcases full-color photos of many of thebook's recipes * Offers parents a helping hand in making vegan-friendly dishesfor their whole family Vegan Cooking For Dummies is a great way to maintain ahealthy, balanced vegan diet!.



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Reviews

The best book i at any time read. I am quite late in start reading this one, but better then never. I realized this publication from my dad and i advised this book to understand.

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