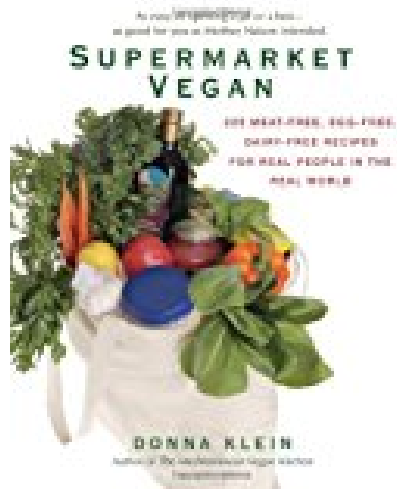


Supermarket Vegan 225 Meat-Free Egg-Free Dairy-Free Recipes for Real People in the Real World



BOOK DETAILS

- Author : Donna Klein
- Pages : 176 Pages
- Publisher : TarcherPerigee
- Language : English
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BOOK SYNOPSIS

An all-new collection of delicious, simple vegan dishes using easy- to-find, readily available ingredients-going vegan has never been easier. The author of The Mediterranean Vegan Kitchen shows readers how to use readily-available ingredients to create healthy, delicious, simple, low-cost, and elegant family vegan meals, including: ?More than 225 meat-free, egg-free, dairy-free recipes for appetizers, soups, salads, main courses, side dishes, beverages and desserts ?No expensive and suspect meat, egg, or dairy "substitutes" ?Helpful preparation tips ?Comprehensive nutritional analysis of every recipe

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