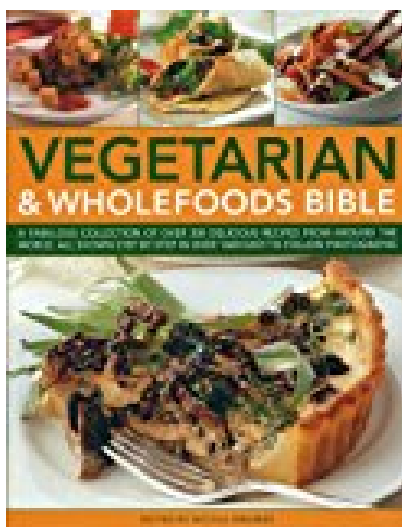


Vegetarian & Wholefoods Bible A Fabulous Collection of Over 200 Delicious Recipes from Around the World All Shown Step-by-Step in Over 1600 Easy-to-Follow Photographs



BOOK DETAILS

- Author : Nicola Graimes
- Pages : 512 Pages
- Publisher : Southwater
- Language : English
- ISBN : 1844769313

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BOOK SYNOPSIS

This superb book is the complete guide to wholefood vegetarian cookery. It features over 315 classic and original recipes from hearty soups and nutritious weekday meals to a tempting selection of dishes for special occasions. Organic and wholefood products are widely available in mainstream food shops, enabling you to choose a balanced diet that will provide all the necessary vitamins, fibre, carbohydrates and protein. For those who have opted for a vegetarian way of life, whether for health reasons, ethical considerations or to broaden their daily menu options, the variety and choice of vegetarian fare is wider than ever. And for the millions of people who do not want to be fully vegetarian, but do wish to cut back on meat and fish, then here are hundreds of tasty, healthy and inspiring ideas for everyday eating and also for festivals and celebrations. A Visual Reference Section This comprehensive visual encyclopedia guides you through the natural wholefood staples of the vegetarian diet, from fresh and dried fruit, vegetables, seeds, beans, pasta, grains, dairy produce and non-dairy substitutes to herbs and spices and pantry essentials. Information is included on how to prepare each item for cooking or storing, and nutritional notes advise you of the dietary benefits of each food. An Enticing Recipe Collection Here are over 315 favourite and familiar classic recipes as well as innovative and contemporary vegetarian dishes from around the world. Step-by-step photographic sequences guide you through each tested recipe to help you achieve perfect results. With easy-to-read, informative text and mouthwatering dishes, this is the essential book for every kitchen and every cook.

VEGETARIAN & WHOLEFOODS BIBLE A FABULOUS COLLECTION OF OVER 200 DELICIOUS RECIPES FROM AROUND THE WORLD ALL SHOWN STEP-BY-STEP IN OVER 1600 EASY-TO-FOLLOW PHOTOGRAPHS

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