



The Ultimate Vegan Cookbook

By Lee Watson

Penguin Books Ltd (UK) Mai 2015, 2015. Buch. Condition: Neu. Neuware - Healthy, hearty and easier than you might think - it's time to cook vegan! Discover 200 meat- and dairy-free recipes, bursting with vitality and taste. With fresh everyday ingredients and minimal fuss, food entrepreneur Lee Watson celebrates this incredibly healthy way of eating through plant-based recipes that are varied, nutritious and utterly delicious. From curries, burgers and bakes to show-stoppers for special occasions, this book proves that anyone can cook and eat vegan and be satisfied doing so. Dishes include: - Filo Pie with Roast Cauliflower Mash - Sweet and Sour Aubergines - Charred Pumpkin with Salsa Verde and Butter Beans - Chickpea, Squash and Apricot Burgers - Roasted Chestnut and Fennel Casserole - Chocolate Beet Brownies - Raw Blueberry and Macadamia Cheesecake 352 pp. Englisch.



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Reviews

This pdf may be worth getting. It is actually written in straightforward words and not difficult to understand. You will not feel monotony at any moment of your respective time (that's what catalogs are for about should you request me).

-- **Miss Golda Okuneva**

Comprehensive manual! It's such an excellent read through. I have read and I also am confident that I am going to study once more once again in the future. Your life period will be changed when you totally look over this ebook.

-- **Cordie Hauck DVM**

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