



Veggie Fast Food (Paperback)

By Clarissa Sehn, Florian Sehn

GRUB STREET, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Are you under the impression that vegetarians can't have fast food? On the contrary! This exciting new cookbook offers more than 80 quick and easy veggie recipes - from Manchego quesadillas and TexMex burgers to tomato-cinnamon fries and No Tuna Sandwich. This is the book of vegetarian food for those in a hurry, and the handy vegan traffic light indicators - red for vegetarian; yellow for vegan adaptation and green for vegan make it easy to find vegan options just as quickly. The authors Clarissa and Florian Sehn, discovered their love of vegetarian and vegan cuisine together. Soon, however, they ran out of creative ideas - they needed a new recipe book. So they decided to develop recipes themselves and this is the result. Their first cookbook is dedicated to vegetarian fast food, which they consider has always received short shrift - until now.

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