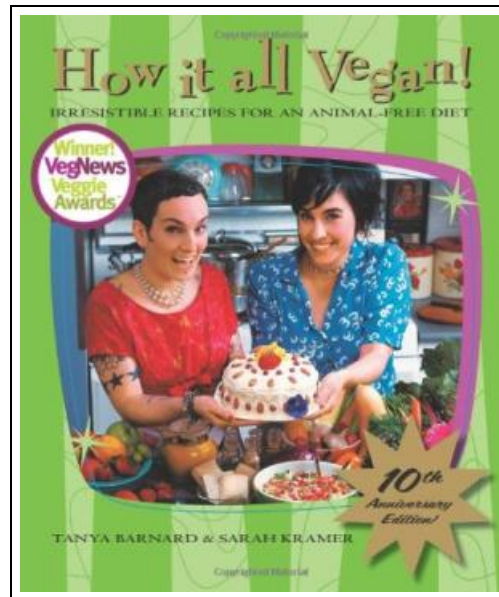


How it All Vegan!: Irresistible Recipes for an Animal-Free Diet: 10th Anniversar



Filesize: 9.29 MB

Reviews

Very useful to all category of men and women. I actually have study and i also am certain that i am going to going to read through again once more down the road. Its been written in an exceptionally simple way and is particularly only soon after i finished reading this publication by which basically altered me, modify the way in my opinion.

(Dr. Sarai Fisher DDS)

HOW IT ALL VEGAN!: IRRESISTIBLE RECIPES FOR AN ANIMAL-FREE DIET: 10TH ANNIVERSAR

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Arsenal Pulp. 1 Paperback(s), 2014. soft. Book Condition: New. (Two-time winner of the Veggie Award for Best Cookbook from VegNews) First published in 1999, this charmingly lighthearted, retro-styled cookbook quickly became a bible for vegan cooks, both diehard and newly converted, and spawned several sequels, including *The Garden of Vegan*, *La Dolce Vegan*, and *Vegan à Go-Go*. Veganism has since become a mainstream dietary choice, inspiring the authors to fully update this 10th-anniversary edition. It includes a color photo section and new recipes as well as a new introduction by Sarah Kramer (named "The World's Coolest Vegan" by *Herbivore* magazine), who speaks passionately about the impact of veganism on her life. Along with satisfying main dishes that replace or avoid meat and cheese Sarah's Delicious Chili, Artichoke Rotini Pasta, Savory Shepherd's Pie here are breakfasts and baked goods that don't use eggs, yeast, or milk, and dozens of vegan beauty products, cleaners, and home remedies you can make yourself. Celebrating the tenth anniversary of the book that has become a bible for vegan cooks, this latest version comes with additional recipes and updated information. This well-written book will take much of the mystery out of enjoying a lifestyle that hurts none. *North Shore News (Vancouver)* "For pure and joyous vegan inspiration, try the tenth anniversary edition of *How It All Vegan!* . a celebration of the vegan way of life. The recipes are great: easy-to-follow and potentially life-changing." *January Magazine* 232.

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