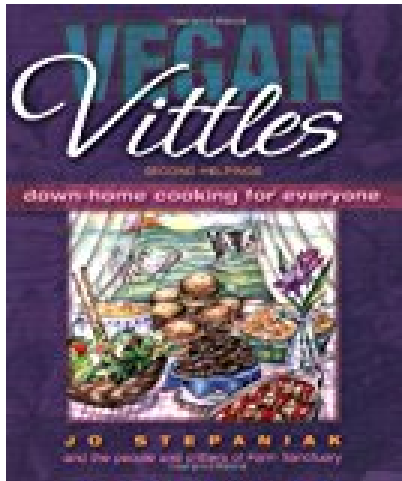


Vegan Vittles Down-Home Cooking for Everyone



BOOK DETAILS

- Author : Jo Stepaniak
- Pages : 243 Pages
- Publisher : Book Publishing Company (TN)
- Language : English
- ISBN : 1570672008

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BOOK SYNOPSIS

In this updated and expanded classic, you'll discover a cornucopia of delicious and creative alternatives for every animal-based food under the sun. Find fresh inspiration for traditional standards, or dig into imaginative recipes for novel dishes based solely on nutritious fruits, vegetables, and whole grains. Not a vegan? Expand your repertoire of health-supporting options that will satisfy and amaze your family, friends, and perhaps your "inner vegan" as well. This simple, hearty, everyday fare illustrates how effortless and enjoyable it is to have a healthful diet free of animal products.

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