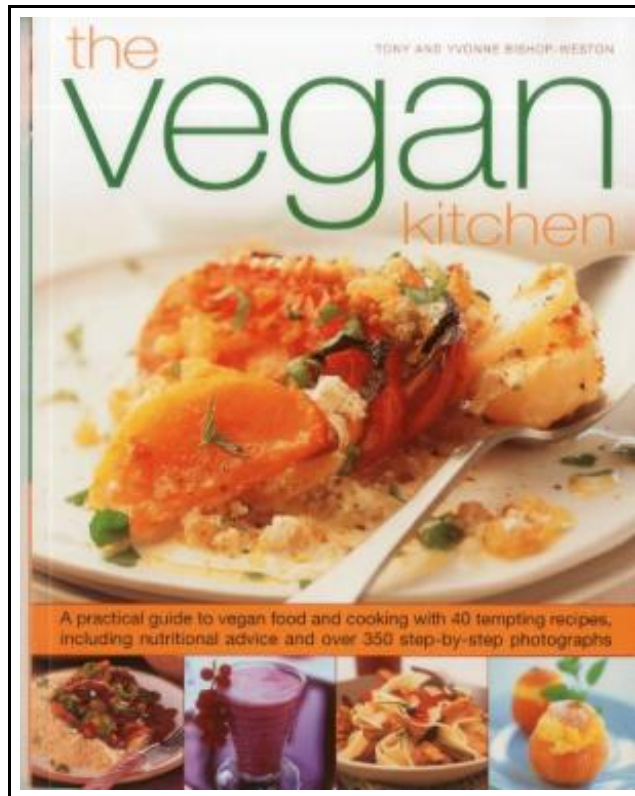


## The Vegan Kitchen: A Practical Guide to Vegan Food and Cooking with Over 40 Tempting Recipes, Including Nutritional Advice and More Than 350 Step-by-step Photographs



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## THE VEGAN KITCHEN: A PRACTICAL GUIDE TO VEGAN FOOD AND COOKING WITH OVER 40 TEMPTING RECIPES, INCLUDING NUTRITIONAL ADVICE AND MORE THAN 350 STEP-BY-STEP PHOTOGRAPHS

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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Vegan Kitchen: A Practical Guide to Vegan Food and Cooking with Over 40 Tempting Recipes, Including Nutritional Advice and More Than 350 Step-by-step Photographs, Tony Bishop-Weston, Yvonne Bishop-Weston, This is a practical guide to vegan food and cooking with over 40 tempting recipes, including nutritional advice and more than 350 step-by-step photographs. Explore the full potential of vegan cooking with this informative guide. It includes a useful introduction that covers every aspect of becoming a vegan, from essential nutrition, ethical shopping and the daily diet to eating out and vegan parties and veganism through pregnancy, as well as a comprehensive directory of ingredients. It includes 40 fantastic recipes that cover all meals and occasions, such as Classic Cooked Breakfast, Roasted Root Vegetable Soup, Falafel, Sweet and Sour Vegetables with Tofu, Vegetable Paella, and Parsnip Cake with Orange Icing. It is beautifully illustrated with 350 photographs, including step-by-step techniques and a picture of each finished dish. Full nutritional information is provided throughout. Whether you are already a vegan, or are considering becoming one, this book offers a wealth of advice for living a healthy life. It covers what foods and products to avoid and how to replace them, maintaining a balanced diet, preparing meals for the family, planning foods for pregnancy, eating out and entertaining at home. An in-depth directory of ingredients contains every kind of natural food, from fruits, vegetables, grains, nuts and seeds to tofu, herbs and vegan alternatives to dairy products. This book also contains 40 sumptuous recipes so that you can put all these ingredients into action, making it the perfect addition to any vegan's kitchen shelf.



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