

Good Food Eat Well: Vegetarian and Vegan Dishes (Paperback)

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Reviews

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GOOD FOOD EAT WELL: VEGETARIAN AND VEGAN DISHES (PAPERBACK)



Ebury Publishing, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Whether the rise for the popularity in vegan and vegetarian recipes is moral, financial or just that some people want to eat more plant-based meals, the Good Food team have made sure their recipes are balanced, nutritional and delicious. In Good food Eat Well: Vegan and Vegetarian there are recipes to cover groups of any size and occasion. From big batch cereals and smoothies to help you start the day right to quick meals, snacks and desserts for one alongside relaxed buffet ideas and formal entertaining dishes for a crowd there s heaps of inspiration for vegan and vegetarian cooking that everyone will want to try. All of these 100 triple-tested recipes from the Good Food experts are vegetarian and, where possible, they ve been adapted or there are suggestions on how to make them vegan too.

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