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Easy Vegan: Simple Recipes for Healthy Eating

By -

Ryland, Peters & Small Ltd. Paperback. Book Condition: new. BRAND NEW, Easy Vegan: Simple Recipes for Healthy Eating, , This title provides more than 100 easy recipes for exciting and nutritious dishes for anyone following a meat- and dairy-free diet. Warming soups include Butternut Squash with Allspice and Pine Nuts plus lighter choices for summer such as Courgette, Broad Bean and Lemon Broth. Try delicious Snacks and Light Meals - choose from Hot Red Pepper and Walnut Dip; Lentil, Carrot and Coriander Pate; and, Sesame Potato Wedges with Peanut Dipping Sauce. Satisfying Salads to enjoy include Tabbouleh with Chickpeas and Spring Greens; Spicy Cauliflower and Swiss Chard Salad; and, Fennel and Orange Salad with Black Olives. Filling Hot Dishes to savour are Stir-fried Tofu with Crisp Greens and Mushrooms; Barley Risotto with Radicchio; and, Creamy Vegetable and Cashew Nut Curry with Coconut Milk. Sweet Things are a must - choose from Tropical Fruits in Lime and Chilli Syrup; Rhubarb and Apple Crumble; and, Cherry and Hazelnut Oat Cookies. Finally, Drinks include nutritious yet delicious concoctions such as Pineapple and Passionfruit Soy Shake; Peanut and Carob Smoothie; and, Date, Banana and Rice Milk Frappe.



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