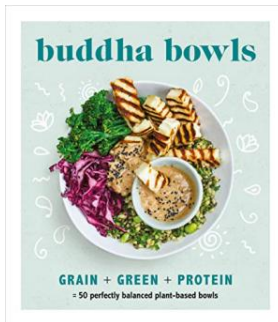


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Ebury Publishing, United Kingdom, 2018. Hardback. Condition: New. Language: English. Brand new Book. Discover the new, easy way to enjoy balanced vegetarian and vegan meals with Buddha Bowls. Just follow the very simple formula: Grain + Green + Protein (+ Zen!) for meals that are tasty, nourishing and easy to make. All recipes are vegetarian or vegan, and vegan swaps are provided throughout. Simple meals are created with inexpensive ingredients that you can easily find in your local supermarket. These...

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- Authored by Hannah Pemberton
- Released at 2018



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