



**THE BOOK OF VEGANISH: THE ULTIMATE
GUIDE TO EASING INTO A PLANT-BASED,
CRUELTY-FREE, AWESOMELY DELICIOUS
WAY TO EAT, WITH 70 EASY RECIPES
ANYONE CAN MAKE**

oleh:
Kathy Freston
©2019

Desain cover dan Layouter:
Nando Putra Pratama

Diterbitkan oleh:
EbookHub.id Publishing
Salemba, Jakarta Pusat

Surel: info@EbookHub.co.id
Facebook: [EbookHub.id](https://www.facebook.com/EbookHub.id)
Twitter: [EbookHUB_ID](https://twitter.com/EbookHUB_ID)
Android Digital Books: [EbookHub.id](https://www.EbookHub.id)

Hak Cipta dilindungi oleh Undang-Undang.
Dilarang mengutip atau memperbanyak sebagian atau seluruh
isi buku ini tanpa izin tertulis dari Penerbit

**THE BOOK OF VEGANISH: THE
ULTIMATE GUIDE TO EASING
INTO A PLANT-BASED,
CRUELTY-FREE, AWESOMELY
DELICIOUS WAY TO EAT,
WITH 70 EASY RECIPES
ANYONE CAN MAKE**

Kathy Freston

EbookHub.id Publishing

The Book of Veganish contains everything curious young adults need to help them navigate through the transition to a vegan lifestyle. The 70 simple recipes are perfect for those with tight budgets and rudimentary cooking tools (and skills). Filled with insights on the benefits of adopting a plant-based diet and how to best deal with parents and the rest of the nonvegan world, The Book of Veganish will allow existing and aspiring vegans to feel confident about their new lifestyle choices.