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Vitality Vegetarian

By Tina Scheftelowitz, Christine Bille Nielsen

Grub Street. Paperback. Book Condition: new. BRAND NEW, Vitality Vegetarian, Tina Scheftelowitz, Christine Bille Nielsen, Increasing numbers of people are cutting down on meat; possibly going meat-free one or two days a week as they become aware of environmental, health and animal welfare issues. Others go all the way and become full-time vegetarians. Whatever you prefer personally there is heaps of inspiration in this funky-looking, inventive new vegetarian cookbook. The recipes are a combination of the traditional, exotic and Mediterranean. The book includes more than 100 recipes for everyday meals as well as for entertaining and is suitable for beginners as well as established vegetarians. It also includes an introduction on how to obtain the right combination of ingredients to ensure balanced, healthy nutrition. Vitality Vegetarian is a cookbook for the 21st century. So much has changed since the first vegetarian cookbooks started appearing about 40 years ago. Not only is there a much wider range of appealing ingredients to choose from today but also recipes, cooking and tastes have all been completely revolutionized. Perhaps the biggest change is the starting point that vegetarian food should above all taste good. And so in this creative collection there are recipes for...



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