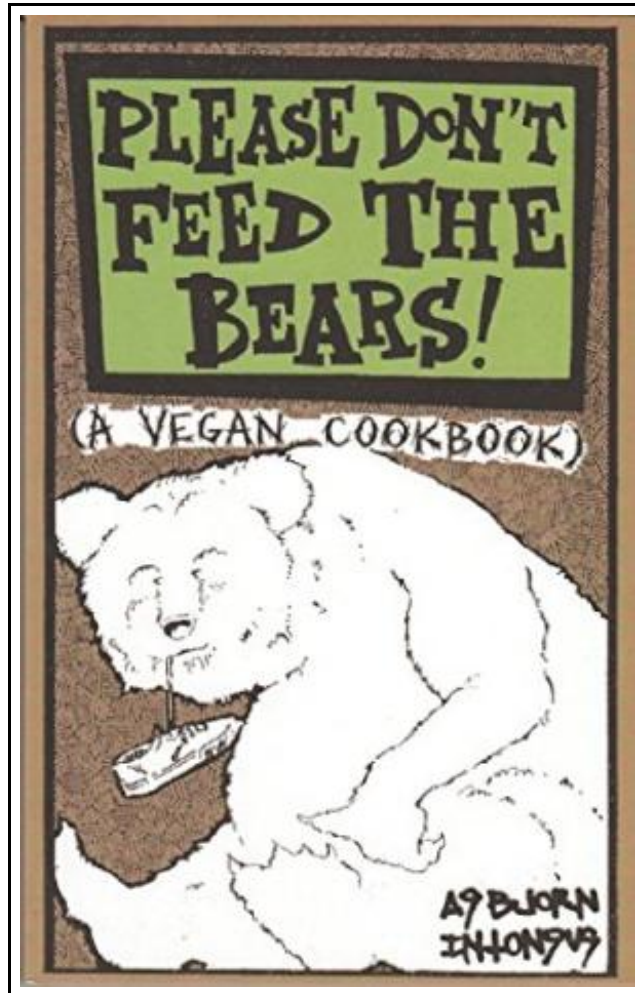


Please Dont Feed the Bears: A Vegan Cookbook



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Reviews

Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.

(Prof. Antone Olson II)

PLEASE DONT FEED THE BEARS: A VEGAN COOKBOOK



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Microcosm. Paperback. Book Condition: New. Paperback. 160 pages. Dimensions: 8.4in. x 5.4in. x 0.5in. In the vein of the classic Soy Not Oi cookbook, Please Dont Feed The Bears compiles three issues of the previously self-published vegan cook zine with a range of tasty and simple animal-free dishes. The collection finally makes available these long-obscure fanzines originally published in the mid 1990s. Here you'll find incredible recipes for stews, soups, sauces, noodle and bean dishes, baked entrees, desserts and more! There is also a fair smattering of new material bringing this to a whopping 160 pages of deliciousness! In the spirit of Soy Not Oi, these recipes are written to be simple, straightforward, and perfect for the newest convert to the vegan revolution! But far from being just a vegan cookbook, Please Dont Feed The Bears reads as a look into vegan lifestyle and underground culture. The book is thoroughly illustrated with eye-catching drawings and clearly laid-out graphics. In addition, the book also includes assorted rantings about music and the politics of leading a vegan lifestyle. Together the book provides easy-to-make and delectable recipes while reflecting the DIY punk rock sensibility of zine culture. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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